

**AMADABLAM EXPEDITION**  
*Climb the most beautiful peak*

31 Days | 6812 meter



## ABOUT THIS EXPEDITION

No mountain in the world captures alpine climber's imaginations like 22,525 ft (6,866 meter) Ama Dablam. Ama Dablam is one of the most stunning peaks in the Himalaya and one of the most impressive mountains in the world. Situated in the heart of Ama Dablam Khumbu region, this expedition offers a superb, technical climbing experience in a magnificent setting, with numerous cultural and scenic diversions.

With no easy route to its summit, climbing Ama Dablam is reserved for dedicated alpinists, who have built skills and experience in much more than simply high altitude walking. Trekking Experts' guiding approach on Ama Dablam differs notably from many other guide services as we intentionally keep our team small. Instead of running a large expedition with many climbers, we focus our attention on leading a more personal climbing team, concentrating our resources on each individual to ensure the safest, most enjoyable, and most successful experience possible for each one of our climbers. Our expedition is fully staffed and no extras or add-ons are needed.

## TRIP AT GLANCE

 Duration <b>31 Days</b>	 Destination <b>Nepal</b>	 Group Size <b>5-12 Pax</b>
 Ascent Route <b>South Face</b>	 Elevation <b>6812 meter</b>	 Grade <b>Very Tough</b>

The smaller team ratios and thoroughly organized expedition facilitates better team dynamics, closer communication, individualized attention, and helps avoid the fragmentation inherent to larger expeditions. We believe this creates and most enjoyable climbing team possible. Sherpa Shepherds maintain strict standards of safety, climb with small ratios, offer an unparalleled level of service, provide you with the best and most experienced guides, and have an infrastructure that is geared entirely toward your individual safety and success in the Himalayas. Our Ama Dablam expeditions are led by veteran Sherpa guides who possess years of climbing experience with numerous summit records.

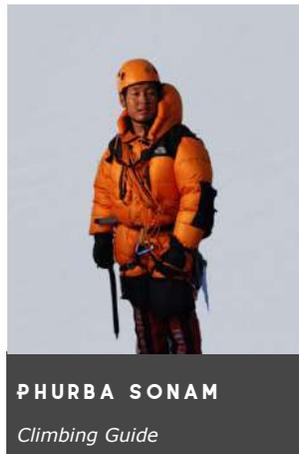


## PRICE AND DATES

**SEMI SERVICE:** USD 6850 P.P.\*  
**FULL SERVICE:** USD 9350 P.P.\*

**SPRING 2019:** 15 APRIL TO 15 MAY  
**AUTUMN 2019:** 15 OCT TO 14 NOV  
**SPRING 2020:** 15 APRIL TO 15 MAY  
**AUTUMN 2020:** 15 OCT TO 14 NOV

## FEATURED GUIDE



## TRIP ITINERARY

### Day 01: Arrive in Kathmandu

Upon your arrival at the Tribhuvan airport, Sherpa Shepherds representative welcome you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, a Sherpa Shepherds tour manager will brief you about trip, check-up climbing gears and fix time for visit at Ministry of Tourism for permit along other necessary information. And then you'll free time to explore Kathmandu. Overnight at Hotel Vaishalj\*\*\*

**Included Meal:** No

**Altitude of Kathmandu:** 1310 meter

**Drive:** 20 min (airport to hotel)

## Day 02: Kathmandu Free Day/Preparation Day

Today is free day for preparation of Everest Expedition. You'll have free time to check climbing gears or explore around Kathmandu while the leader will attend the Ministry of Tourism for a formal briefing. The day will also be for finalizing official procedure and other necessary arrangements. If you explore the fascinating city of Kathmandu, you can visit Kathmandu's World Heritage Sites. We make a guided tour to some of UNESCO World Heritage Sites in the Kathmandu valley: Kathmandu Durbar Square, Pashupatinath, Swayambhu, and Boudhnath. You will be also briefed on the nature of expedition, equipments and team composition. You can also make your last minute buying of personal items if anything missed. Overnight at Hotel Vaishali\*\*\*.

**Included Meal:** Breakfast

## Day 03: Kathmandu Free Day. Final preparation

Nepal is land of many festivals and holidays. And this day is reserve day in case if previous day is holiday in Ministry of Tourism for climbing permit formalities. Also today you can do last minutes shopping if you missed to buy anything for this expedition. If there is no holiday in previous day, you'll free time to res and explore around Kathmandu valley. Overnight at Hotel Vaishali\*\*\*

**Included Meal:** Breakfast

## Day 04: Flight: Kathmandu-Lukla and trek to Phakding

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start point for our trek. Watch out for the Langtang and Jugal ranges then the Rolwaling Himal, Gaurisankar and Menlumtse before getting your first glimpse of Everest on the flight.

Upon arrival at Lukla airport you'll meet trekking crew such as guide and porters. You'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming Dudh Koshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous mani stone at Thado Koshi we meander up through the many chortens and prayer wheels of Sano and along to our destination of Phakding in time for a late lunch. Overnight at lodge.

**Altitude of Phakding:** 2640 meter | **Flight:** 35 min | **Trek:** 3 hrs | **Altitude Gain:** : 1330 meter  
**Included Meal:** Breakfast, Lunch and Dinner

## Day 05: Trek: Phakding-Namche

After breakfast at lodge, you'll start trekking through a beautiful pine forest that leads us along the Dudh Koshi River and Hillary Suspension Bridge to reach to Monjo and starting point of Sagarmatha National Park. Here we stop at check post of TIMS & National Park permit. The trail passes through the Dudh Koshi, Bhote Koshi River, Jorsalle village, Large Dovan and cross one of the highest bridge over the Dudh Kosi River of Everest region and reach to Chautara from where we can see the first glimpse of the Mt. Everest. Further walking about one hour steep up we reach to Namche bazar.

Namche bazar is known as 'hearth of Khumbu' which is one of the trading points for Sherpa people. It is also ideal market for visitors to purchase traditional crafts. Every Saturday there would be local street market, do not miss if you are there on Saturday. Overnight at lodge.

**Altitude of Namche:** 3440 meter | **Trek:** 5-6 hrs | **Altitude Gain:** 800 meter

**Included Meal:** Breakfast, Lunch and Dinner

## Day 06: Acclimatization Day at Namche

Today is the schedule for acclimatization and explore around Namche Bazaar. After breakfast you'll head toward Syangboche airport. Syanboche airport is known as world highest altitude airport.

First of all, in the morning you'll visit Sherpa Culture Museum and Everest photo Gallery, which is just 15-minute walking distance from Namche Bazar. From the museum you can have the spectacular picturesque Mountain View and take some photographs. Then start trekking to Everest view hotel passing through Syangboche Airport which takes about 2 hours. Then you'll climb further to reach Mt. Everest, Lhotse, Ama Dablam, Tawache, Kusum Kangkaru, Thamserku, Kongde and many more. Enjoy the spectacular view of mountains including Mt. Everest from the nearest destination then trek back to Namche Bazar. Overnight at lodge.

**Included Meal:** Breakfast, Lunch and Dinner

## Day 07: Trek: Namche-Tengboche

Today after breakfast we start our trek with pleasant walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peak with view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hardly walk to get to Tyangboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam. Overnight at lodge.

**Altitude of Tengboche:** 3860 meter | **Trek:** 5-6 hrs | **Altitude Gain:** 420 meter  
**Included Meal:** Breakfast, Lunch and Dinner

**Day 08: Trek: Tengboche- Pangboche**

After breakfast as always, today you'll descend down from Tengboche, winding through the rhododendron forest to Deboche and crossing a bridge over the raging Imja Khol River. Then we reach Pangboche near the bank of Imja river where we shall stay tonight. From Pangboche, you'll see Mount Amadablam just in front of you. And we shall set for tomorrow's trek to Amadablam Base Camp. Overnight at lodge.

**Altitude of Pangboche:** 3930 meter | **Trek:** 3-4 hrs | **Altitude Gain:** 70 meter  
**Included Meal:** Breakfast, Lunch and Dinner

**Day 09: Trek: Pangboche-Amadablam Base Camp**

After breakfast at Pangboche, today you'll trek to Amadablam Base Camp. We shall reach Base Camp at lunch time. After lunch at Base Camp, we shall set up base camp and then you'll free time rest and explore around. In the evening, you'll meet our climbing guides/HA Sherpas who will brief about the climbing details and next days program. Overnight at Tented Camp.

**Altitude of Base Camp:** 4570 meter | **Trek:** 4-5 hrs | **Altitude Gain:** 640 meter  
**Included Meal:** Breakfast, Lunch and Dinner

**Day 10: Rest Day & Pre-climb training at Ama Dablam Base**

Based on base camp, our guides will provide training on peak climbing techniques and the proper ways of using climbing gear such as the ice axe, climbing boots, crampons, harness, ascender, etc. The training will also include using ropes to go up and down. We strongly believe that the training experience will boost your confidence and climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience.

At base camp our expertise and experiences of our BC manager and staffs have enabled us to establish the finest base camp. We ensure you have the maximum comfort level, revitalizing and hygienic meals, at base camp we provide the best quality tent structure, full fledged communication centre, and fresh and hygienic foods. Overnight at tented camp.

**Included Meals:** Breakfast, lunch and Dinner

**Day 11: Climb upto 5900m and return to Base Camp**

After breakfast, today you'll climb upto 5900 meter as training, practice and acclimatization. Sherpa Shepherds climbing guide/HA Sherpa will lead you there and will teach you some basic climbing techniques.

During these days, you'll spend and explore around base camp to get used to with local climate, acclimatization. For this you'll sometimes hike to icefall, you'll training of climbing at ice etc. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 12: Rest Day**

After first day climbing upto 5900 meter, then you'll have idea about the climbing ideas. And depending on your climbing skills and fitness, we shall plan for next day's program. However today you'll next and prepare next day climb to Camp I. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 13: Climb to Camp I**

After breakfast at base camp, today you'll climb to Camp I. We shall set up camps at Camp I. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 14: Climb Camp I to Camp II and return to base camp**

After spending one night at camp I (at 5700 meter elevation), you'll head towards Camp II. And then return to base camp. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 15-16: Rest Day at Base Camp**

After reaching to Camp II, now you'll rest at base camp. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 17-24: Summit Amadablam (6812m) and back to Base Camp**

During these days, depending on the weather and participant's preparedness, you'll attempt Mount Amadablam and back to Base camp. During the final attempt you'll climb via Camp I, Camp II and summit. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 25: Clean Up & Close Base Camp**

After summit, we shall clean up base camp and pack up all base camp equipments, wastes/garbage. Overnight at Tented Camp

**Included Meal:** Breakfast, Lunch and Dinner

**Day 26: Trek: Amadablam Base Camp- Tengboche**

From base camp, now you'll walk down to Pangboche. After lunch at Pangboche you'll trek to Tengboche where you can rest & enjoy at at lodge in Tengboche. Overnight at lodge in Tengboche.

**Included Meals:** Breakfast, lunch and Dinner

**Day 27: Trek: Tengboche- Namche**

After breakfast at Tengboche, you'll trek down to Namche.

Overnight at lodge in Namche.

**Included Meals:** Breakfast, lunch and Dinner

### **Day 28: Trek: Namche-Lukla**

Today is last trekking day of this expedition. After breakfast at Namche, you'll walk down to Lukla. The route from Namche drops back down to the valley floor and follows the river towards Lukla. Take in the beautifully decorated maniwalls and prayer wheels lining the trail to Lukla. Last day party at Lukla! Overnight at lodge in Lukla.

**Included Meals:** Breakfast, lunch and Dinner

### **Day 29: Flight: Lukla-Kathmandu**

After living in Sherpaland for the last few weeks, you'll fly to Kathmandu. Upon arrival at Kathmandu airport, you'll be transferred to hotel. Overnight at Hotel Vaishali.

**Included Meals:** Breakfast

### **Day 30: Free Day in Kathmandu**

Today is fully free to relax, take shower and chill with beers. And it will be celebration party of successful summit of world's highest peak Mount Everest while the tour leader will be visit Ministry of Tourism for formal de-briefing. In the evening, Sherpa Shepherds will organize a farewell dinner at typical Nepali restaurant with culture performances. Overnight at Hotel Vaishali\*\*\*

**Meals:** Breakfast & Dinner

### **Day 31: Departure from Kathmandu**

Before 3hrs of your flight time, you'll be transferred to the airport and then you'll fly back to home.

## **TRIP PRICES**

Above trip cost is per person and twin sharing basis. The trip cost is for joining basis. Minimum participant to run this trip is 5 person. If no. of participants in this trip is less than 5 persons, Sherpa Shepherds reserves right to cancel or postpone the trip. However if you would like to continue trip even if we do not reach minimum number to run this trip, we can run this trip upon your request. But supplemental charge will be applicable.

## **WHAT'S INCLUDED**

### **Semi Services**

#### **Ground Transfers:**

- All airport/hotel/airport transfers as per program by private A/C vehicles

#### **Flight & Cargo:**

- Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes

- 40 kg per person baggage including personal baggage for flight and trek

#### **Accommodations:**

- 5 nights in Kathmandu at Hotel Vaishali or similar\*\*\* on twin sharing basis
- 8 night at local lodges during trek to BC and return to Lukla on twin sharing basis
- 17 nights in tented camps during the trek and at base camps on single tent basis

#### **Meals:**

- 5 breakfasts in Kathmandu hotel
- 3 meals a day during trip to BC for 8 night at local lodges and 17 night at tented camps (breakfast, Lunch and Dinner)
- Farewell dinner at Bhojan Griha with typical Nepalese foods and cultural dances

#### **Permits & Fees:**

- Amadablam Expedition Permit
- Everest National Park Fee
- Fees for Liaison Officer, his/her insurance, food allowance and flights
- Insurance of whole Nepali staff including porters in order to obtain permit
- Garbage Deposit at ministry

#### **Supporting Staffs till/ at Base Camp:**

- 1 trekking guide for Lukla-BC and BC- Lukla
- 1 Base Camp Cook
- Required Kitchen boy and helpers
- Required porters to carry loads for Lukla -BC and BC- Lukla

#### **Equipments at BC:**

- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system
- Comprehensive First Aid Kit
- Heating System at BC (Dinning only)

### **Full Services**

#### **Ground Transfers:**

- All airport/hotel/airport transfers as per program by private A/C vehicles

#### **Flight & Cargo:**

- Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes
- 45 kg per person baggage including personal baggage for flight and trek

### **Accommodations:**

- 5 nights in Kathmandu at Hotel Vaishali or similar\*\*\* on twin sharing basis
- 8 night at local lodges during trek to BC and return to Lukla on twin sharing basis
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- 1 trekking guide for Lukla-BC and BC- Lukla
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- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system
- Comprehensive First Aid Kit
- Heating System at BC (Dinning only)

### **Supporting Staffs in the mountain (Above BC):**

- 1 High Altitude Sherpa for every two members with his daily wages, food, flights, equipment allowance etc.
- Equipments in the mountain (Above BC):
- High Tents for both member and HA Sherpas
- High Altitude Food for members and Sherpas
- Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
- 1 Satellite Phone, Walki-talkie

## **WHAT' S NOT INCLUDED**

- Personal climbing gears
- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Insurance: Travel/Accident/Medical / emergency evacuation
- International airfare and taxes
- Nepal Visa fees
- Additional High Altitude Sherpa USD 2800 per sherpa
- Sherpa Summit Bonus USD 1000 & Non Summit Bonus USD 600 Per Sherpa
- Carrying bonus in the mountain USD 1000 per sherpa
- Extra Porter USD 380 Per porter (if personal baggage is more than 35 kg per person)
- International Air Cargo Tax Fee USD 120 Per member
- Tips for staff
- All extra services if required (except motioned in 'The Price Include' section)

## **TRIP NOTES**

### **Insurance**

It is mandatory to have good travel insurance or emergency evacuation insurance which will cover evacuation by any means of transportation from high altitude. It is also highly recommended that all member have cancellation insurance in case of an accident prior to departure, or if the trip is cancelled due to unforeseen circumstances.

### **Fitness & Experiences**

For personal safety and success, excellent physical conditions are required. Prior to the trek we suggest physical activities such as running, swimming and cycling combined with climbs to smaller peaks which includes climbs that involves travel on crampons under all sorts of conditions. Be sure you are comfortable with extreme exposure and steep drop offs for long periods of time and capable of carrying heavy pack of an average of 30lbs. include plenty of technical rock and ice climbing experiences, so you are fairly comfortable following on alpine rock route. Be acquainted with jumars, ascenders, crampons, all your gear, and knot .We will review each climber's bio on an individual basis to help develop climbers interested in attempting Amadablam.

## Food

The more food you eat at altitude the better you'll perform. Considering the loss of appetite on higher altitude, Sherpa Shepherds guide will help you to choose food items that have quality and easiest to digest at higher-altitude during the trekking and accommodation in the lodges. However at base camp, our expedition cook will be set best menu. We suggest you to bring your own food if you so desire such as chocolate bars, dry foods etc. We cater to different dietary requirements and full vegetarian menus can be provided on request.

## Accommodation

In Kathmandu you will stay at star deluxe hotels and while you're on trek your accommodation will be in local lodges/guest houses. At base camp, your accommodation will be in tented camps. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. All accommodation is arranged on a twin sharing basis during the trekking and local lodges won't be off course as like in hotels in Kathmandu.

## Emergency Rescue

In case of any high altitude sickness problems normally as a primary precaution first it is advised to come down immediately to lower altitude for some rest and in the worse condition you have to further come down either by helicopter or by land transport.

## Recommended Personal Gears

1. Down suits (dangri)- 1 pc
2. Summit shoe- 1 pair
3. Walking shoe-1 pair
4. Crampon- 1 pair
5. Summit Glove- 1 pair
6. Normal gloves- 2 pairs
7. Summit Snow goggles- 1 pc
8. Glacier glasses- 1 pc
9. Ice axe- 1 pc
10. Harness- 1 pc
11. Jumer- 1 pc
12. Carabiners (normal)- 3 pcs
13. Sleeping bag (-40C)- 1 pc
14. Down filled Mattress- 1 pc
15. Summit socks- 2 pairs
16. Normal socks- 3 pairs
17. Climbing bag (40 ltr)- 1 pc
18. Helmet- 1 pc
19. Down jacket- 1 pc
20. Down trouser-1 pc
21. 8 finger /descender- 1 pc

22. Headlamp- 1 pc
23. Gore-tex jacket- 1 pc
24. Gore-tex trouser- 1 pc
25. Fleece jacket-1 pc
26. Fleece trouser- 1 pc
27. Fleece liner gloves- 3 pairs
28. Screw Gate Carabiner- 1 pc
29. Windstopper- 1 pc
30. Thermos bottle- 1pc
31. Base layer (woolen)- 2 sets
32. Water bottle normal- 1 pc

## Need any expert advice?

If you would like talk to expert to discuss any aspects of climbing and other queries, please meet or talk to our experts. We can be reached by:

E-mail: [info@sherpashepherds.com](mailto:info@sherpashepherds.com)

Mobile: +977 9841027075 (available on Whatsapp & Viber)

Skype: live:info\_813995

## BOOKING TERMS

"Please kindly read these TERMS AND CONDITIONS before booking your trips. Participation in our trips indicates that you accept these terms and conditions. You must carefully read the following Terms & conditions of contract and waiver of liability details Booking Procedure. Read detail terms and conditions at <https://sherpashepherds.com/booking-conditions/>

## WHY SHERPA SHEPHERDS?

Sherpa Shepherds has wealth of experiences in the mountains and the team of world renowned climbers who have set records of climbing including at Guinness Book of World Records. We offer unique and specialized peak climbing/expeditions in the Himalayas by using our extensive knowledge, experience and climbing skills.

### 1. Trend Setter of Smart Mountaineering:

We are the leader and initiator of 'Smart Mountaineering' in Nepal and we have synchronized the latest technologies and our wealth of experiences to ensure safe and quality mountaineering in the Himalaya. Sherpa Shepherds is one and only expedition operator in Nepal which adopts smart mountaineering while we are leading our clients to the top of the mountains.

**1. The Company Run by Sherpa Climbers:** Believe or not, Sherpas were always leader in the Himalayas. While we talk about mountaineering or climbing of giant 8000 meter peaks, we never miss Sherpa. Sherpa people or Sherpa climber have historic achievement in mountaineering sector.

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**3. Initiator of Responsible Adventure:** We are the trendsetter of 'Responsible Adventure' in Nepalese tourism industry. Sherpa Shepherds have launched mountaineering for social cause for the first time ever in Nepal. Through this responsible adventure/mountaineering, Sherpa Shepherds has been able to bring visually impaired person to Mount Everest, First Tamang and First Gurung female to Mount Everest, oldest person to Mount Everest, physically disabled person to Mount Everest, climbed Mount Everest to raise voice against human trafficking and gender inequality, climbed to alert about Global Warming, Women Empowerment and many more.

**4. The Company Run by Sherpa Climbers:** Believe or not, Sherpas were always leader in the Himalayas. While we talk about mountaineering or climbing of giant 8000 meter peaks, we never miss Sherpa. Sherpa people or Sherpa climber have historic achievement in mountaineering sector. Mountaineering started in 1953 with Tenzing Norgay Sherpa and Sherpa became the leader in any expeditions in the Himalaya. The fact is Sherpa people are born, grown up in the mountains. That's why Sherpa people do not face any problem of high altitude sickness.

**5. Team of World Record Holding Climbers:** We are the team of 'World Record Holding Climbers' renowned and recognized by Guinness Book of World Records'. Most of the owners and climbers of Sherpa Shepherds are world record holders in mountaineering.



**SHERPA  
SHEPHERDS**

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