



CHO OYU EXPEDITION

8 201 METER

39 DAYS

Cho-Oyu, meaning Turquoise God, is the sixth highest mountain in the world and is located west of Everest along the Nepal Tibet border. The first summit on this mountain was made in 1954 by a small Austrian/Tibetan expedition.

The easy access to this mountain, relatively safe climbing route and fewer technical difficulties makes Cho Oyu the most attainable of the world's highest mountains, providing an excellent opportunity for climbers to extend their experience to extreme altitudes. The base of this mountain (Chinese Base Camp) is reached by four wheel vehicles, and a two day trek from here will bring you to Base Camp at 5600m.

Our expedition follows the West Ridge/West Face, which has two short technical sections. We will establish Advanced Base Camp (ABC) at 5600 meters (19,024 feet), Camp I at 6500 meters, Camp II at 7100 meters (23,288 feet), and Camp III at 7400 meters (24,272 feet).

The route to Camp 1 at 6,400 meters is basically a steep walk, often done in hiking boots. Above Camp 1, the climbing route has only a few short technical sections yet is direct, allowing climbers to gain altitude without covering a lot of distance.



Summit day begins early. A few rocky steps (4 meters high) and mixed snow climb at a 30-45 degree angle brings you to the wide summit plateau followed by a long traverse brings you to the summit, at 8,201 meters/27,000 feet. You know you are on the true summit when you see the inspiring views of Everest, Lhotse, Nuptse, Makalu, and the entire Khumbu valley, as well as great views across the Tibetan plateau to Shishapangma.



Our expedition emphasizes on cautious and careful climbing, with excellent leadership, organization, experienced Sherpa climbers and top quality equipments. We provide 'walkie-talkie' radios, satellite telephones, the best oxygen bottles and apparatus, top-quality high altitude tents (Hilleberg Saivo), high altitude stoves, expedition mix gas, and full safety equipment: medical oxygen, gamow bag, and extensive medical kit.

Although Cho Oyu is considered as the easiest 8000m climb, it does not make it an easy climb in itself. Any 8000m mountain should be taken seriously and a cautious and careful approach is crucial. You need to be very fit and should have an extensive outdoor experience. A basic mountaineering course or a minimum of 6200m climbing experience is mandatory to join this expedition. We also have a downloadable medical form that you must fill up and submit along with your booking form.



ITINERARY:

Day 1. Arrive in Kathmandu (1 330 m), welcome dinner.

Day 2. Process for Chinese Visa. Briefing and equipment review at hotel in Kathmandu.

Day 3. At Hotel in Kathmandu.

Day 4. Commence Expedition!

Drive to Kodari, immigration formalities and cross the border to Tibet Zhangmu, 2 500 meters, drive to Nyalam 3 750 meters.

Day 5. Rest and acclimatisation in Nyalam at 3 750 meters.

Day 6. Drive to Tingri at 4 080 meters.

Day 7. Rest in Tingri.

Day 8. Drive to Chinese Base Camp, 4 700 metres.

Day 9. Rest at Chinese Base.

Day 10. Trek halfway to Advanced Base Camp.

Day 11-35. Climbing period.

Day 36. Pack up Advance Base Camp and trek down to Chinese Base Camp, drive to Tingri.

Day 37. Drive from Tingri to Kathmandu.

Day 38. Celebrations!!!! in Kathmandu.

Day 39. Departure.

The above itinerary allows enough time for proper acclimatization, rest days, and several returns to base camp. The weather at this time of year is normally quite good and stable. However, we have included extra days for summit attempt in case of bad weather not allowing us to attempt the summit.

Experience Required

The Cho Oyu expedition is suitable for experienced mountaineers. To join us on Cho Oyu, you need to be fully conversant with mountaineering techniques. Ideally, having completed Alpine climbs and have prior altitude experience of around 6,000m.



On the Mountain

We have highly experienced Climbing Sherpas, and we provide one climbing Sherpa between two climbers. Our Sherpas will fix the route, set up the high camps and carry the oxygen cylinders, as well as the group equipment, such as tents, stoves etc. For an additional expense, we can also provide personal Sherpas and climbing-guides to individual members who wish to have their own private Sherpa. We provide walkie-talkie' radios, satellite telephones, the best oxygen bottles, 4 camps on the mountain, sufficient fixed line, hundreds of rock, ice and snow anchors, top-quality high altitude tents and high altitude stoves, expedition mix gas, and full safety equipment: medical oxygen, gamow bag, and extensive medical kit.

Cooks and Food: On our expedition, our skillful and hard working cooks prepare three hot meals each day with a very healthy diet of fresh vegetables, cheese, eggs, and fresh meat (all meats and fish are prepared separately out of respect for the vegetarians in our midst). Our cooks also make sure that you get a high dose of carbohydrates from breads, rice and pastas. They supply you with unlimited hot-drinks, the key to successful acclimatization. We have weatherproof kitchens and **heated dining tents**, with comfortable chairs and tables.



Price includes (full package)

- All internal transportations and airport transfer in private vehicle.
- Hotel accommodation on twin sharing with breakfast in Kathmandu at hotel Manaslu for 3 nights before and 2 nights after expedition.
- Welcome dinner in Kathmandu
- VISA for Tibet, Chinese Royalty fee and climbing permit fee for Cho Oyu.
- Transportation of members, staffs and food supply from Kathmandu to Cho Oyu Base Camp and back to Kathmandu.
- Tourist standard hotel with all meals while in Tibet.
- 3 Yaks per member from Base camp-Advance Base Camp and 2 Yaks per member Advance Base Camp -Base Camp.
- **1 Climbing Sherpa for every 2 members.**
- 1 Nepalese cook and 2 kitchen boy.
- Equipment allowances, daily wages, insurance, food and tents for cook, kitchen boy, liaison officer & interpreter.
- Kitchen equipment.
- Single tent at Base Camp.
- Hilleberg Saivo 3 men tents above Base Camp, Hilleberg Atlas dining tent, kitchen tent, toilet tent, store tent, shower tent, chairs & tables.
- Generator and Solar panels at Base Camp for light and charging batteries for camera and laptops.
- Gas heater for dining tent.
- All Food and fuel during the expedition.
- High altitude freeze dried food, EPI gas and burners for above Advanced Base Camp.
- **Oxygen and Regulator with mask for every member.**
- Satellite phone and radios.
- High way and conservation charges. Garbage deposits.

Price does not include

- International flights
- Nepal entry visa fee. (can be obtained at the airport upon arrival)
- Reentry visa for Nepal. The re-entry visa can be obtained at the immigration office in Kodari.
- Meals in Kathmandu.
- Personal climbing gear above advance base camp
- Personal insurance such as travel, accident, medical, emergency evacuation and lost luggage
- International airport departure tax at Kathmandu Airport.
- Expenses of personal nature such as drinks, laundry, postage, telephone and Email, etc.
- Extra yaks
- Emergency/Rescue Jeep, cost US\$800
- Tips to staff and summit bonus to Climbing Sherpa

Recommendations for things you should bring

Clothing

Head

- Warm hat; wool or synthetic that covers your ears
- Balaclava
- Sunhat
- Glacier sunglasses with side shields, 1 pair ski goggles with light and dark lens
- Headlamp with extra batteries and bulbs
- Buff; cotton and wool - useful for dusty conditions

Upper Body

- 2-3 cotton t-shirts
- For women, 2 sports bra and 1 wool terry bra
- 2 merino wool t-shirt (or similar good material)
- 2-3 long sleeve merino wool shirts, lightweight
- 1 polar fleece vest, medium weight
- 1 polar fleece jacket
- GoreTex jacket with hood, waterproof and breathable
- For high altitude use, 1 very warm goose-down (duvet) jacket with hood, you may prefer a down/duvet suit (Lightweight down jacket for Base Camp is provided by Hi On Life)

Hands

- 1 pr. lightweight merino wool liner gloves
- 1 pair mittens, made for 8000 meter mountains, usually combinations of wool inner liner with down and GoreTex mittens

Lower Body

- 1 pair walking shorts
- 1 pair walking trousers for trekking and around camp
- 2 pair lightweight thermal bottoms
- 1 pair medium or expedition weight thermal bottoms
- 1 pair polar fleece trousers
- 1 pair Gore-Tex trousers, Waterproof/breathable with side zips
- 1 pr. Goose-down (duvet) trousers. You may prefer a down (duvet) suit

Feet

- 1 pair One-Sport / Millet Everest boots or equivalent
- 1 pair trekking /walking boots with good ankle support
- 1 pair trainers, running shoes and/or sandals for Kathmandu and in camp
- 1 pair down booties (optional)
- 2 pair med-heavy socks, preferably wool
- 3 pair of liner socks, preferably wool
- 2 pair lightweight trekking socks, poly or wool

Sleeping

- For high altitude, 1 down (duvet) sleeping bag (rated to – 30 Centigrade
In the high camp, you can sleep in your down (duvet) clothing inside your sleeping bag
- At least 3 closed cell foam kari-mats.

Rucksack and Travel Bags

- 1 medium rucksack (50-70 litres)
- **We provide you 2 big duffel bags.**
- Small padlocks for duffel kit bags.



Personal food/snacks for camps beyond Advanced Base Camp.

- We ask each member to bring their own imported daily snack and energy foods. We do not provide cold “snack” food such as chocolate or "energy-bars". 2-5 kilos is a good amount. A growing variety of imported foods such as cheeses, chocolates, biscuits, cookies, nuts, and power-bars are now available in Kathmandu, at realistic prices.

Assesories

- 1 small roll of repair tape, 1 sewing repair kit
- 1 cigarette lighter
- 1 compass or GPS
- Camera with extra memory cards and extra batteries
- Nylon stuff sacks for food and gear storage, large Ziplocs are also useful
- 3 water bottles (1 litre) wide-mouth Nalgene (1 is a pee bottle)
- 1 plastic cup and spoon
- 1 small folding knife
- Binoculars (optional)
- 1 bathing suit/swimming costume
- Books, playing cards, ipod/mp3 player, short-wave radio, game boys, musical instruments, ear plugs, lots of batteries, etc.
- Travel clothes for Base Camp and in town

Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

Insure yourself

Travel insurance is mandatory. Full-coverage insurance is essential, because it not only covers mountain climbing, but also covers travels to and from the mountain. Before purchasing, please check the terms of the policy carefully. You must be covered for travel, medical costs, full domestic rescue, helicopter (where available) and international rescue and repatriation expenses. On arrival to Kathmandu we collect your copy of insurance. **NO INSURANCE = NO EXPEDITION MEMBERSHIP.**

Money Matters

The ideal currency to bring with you is USD. In Kathmandu you can then exchange it to Rupees since you will need rupees for all shopping.

In Kathmandu: Each meal will cost around 4 to 6 USD. Plus 10 to 20 USD for your taxis if you wish to go around the city.

On trek: you will need around 6 to 10 USD per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

In Kathmandu: For bellboys, waiters and porters 30 to 50 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 100 US\$/group member. The Expedition leader will collect the tip and then split it between the sirdar, cook, kitchen helpers, yak driver, liaison officer and interpreter, and put it in envelopes so that the expedition members can give it to the staff during the "Farwell Ceremonies". The summit bonus for your climbing Sherpa is recommended to 500 US\$ and is given separately. If you want to tip the Nepali expedition leader you can also do that separately.