



CHO OYU EXPEDITION

Cho-Oyu (8201m), the sixth highest mountain in the world, is one of the most accessible of the world's fourteen 8,000 metre mountains. This is because, firstly, the mountain can be reached by a four wheel drive vehicle, and secondly, the ascent to the summit is short and direct, with a few small technical sections, less than 6 metres high. Also the trail to Camp 1 at 6,400 metres, is basically a steep walk, often done in hiking boots.

Our expedition begins in Kathmandu, where we spend 3 days for the proceeding of the formalities to attain the climbing permit and visa for the Tibet autonomous region from the Chinese Embassy.

After having received the permits and the visas, we drive early in the morning of the fourth day, to the Nepalese town of Kodari at 1,770 meters. After having cleared the Nepalese customs and immigration, we cross the Bhoté Kosi River on the Friendship Bridge, to Zhangmu, the gateway town in Tibet. Our liaison officer will meet us in Zhangmu. After clearing Tibetan customs and immigration, we drive up the windy road to Nyalam town at 3,750 meters. This town is generally simple and rustic, and we stay overnight in a basic lodge. We stay one extra day and night in Nyalam, for acclimatisation. There are a few pleasant treks on the hillsides, which you can hike during the day. After a couple of days in Nyalam we continue into the Tibetan plateau, to the town of Tingri at 4,342 meters. There are superb views of Shishapangma, Cho-Oyu, and Everest as you drive into Tingri. The town itself is a very simple and rustic, basically a one-street town, surrounded by the tents of nomadic Tibetans.

The following day is again a rest and acclimatisation day. After two nights in Thingri, the following morning we drive about 45 kilometers on a dirt road along the Ra Chu Valley to the Chinese Base Camp of Cho Oyu, which is located at 4,970 meters just below the Jabula glacier. The drive follows a dirt road along the Ra Chu Valley. Chinese base camp is located just below the Jabula glacier. We have another rest and acclimatisation day here to allow us for packing and acclimatizing.

After Chinese Base Camp we spend two days moving up to the "Advanced Base Camp" at 5,600 metres, which is actually the true base camp for our climb. The trek to Advanced Base Camp is very scenic and is accomplishable by the average person who enjoys walking and is in good physical condition. There are gorgeous views of stunning peaks in the area, including Jobo-Rabzang, and many unclimbed and unnamed 6000 metre peaks. The trek is near the famous Nangpa La, an ancient route through the Himalaya where Tibetan traders carry goods to Namche Bazaar in Nepal.

The climb to Cho Oyu is basically a 10 to 50 degree slope, with a few pitches of steep rock, snow, and ice, which are climbed on fixed lines for safety. The most difficult part of the entire climb is an "ice/snow-step" just six metres high. The trail to Camp 1 crosses a glacier, and then a steep slope with loose scree and stone sometimes with snow. Camp 1 is located at 6,400 meters, at the base of the north-west ridge.

From Camp 1 the Northwest ridge opens onto the northwest face. There is one easy 6 metre high technical fixed ice/snow step, after which we reach Camp 2, which is located just above a sloped section at 7,000 meters. Camp 3 is located on the northwest ridge-face at 7,450 meters. We attempt the summit from Camp 3.

On summit day, we begin our climb through a few small-easy rock steps (4 metres high) and mixed snow to the wide summit plateau. From here we climb along the long plateau and traverse to the summit, at 8,201 meters. From the summit we see splendid views of Everest, Lhotse, Nuptse, Makalu, and the entire Khumbu valley.

ITINERARY:

- 28th Aug. Arrive in Kathmandu (1,330 m), welcome dinner.
- 29th Aug. Process for Chinese Visa. Briefing and equipment review at hotel in Kathmandu
- 30th Aug. At Hotel in Kathmandu
- 31st Aug. Commence Expedition!
Drive to Kodari, immigration formalities and cross the border to Tibet Zhangmu, 2,500 meters, drive to Nyalam 3,750 meters. O/N Hotel
- 1st Sep. Rest and acclimatisation in Nyalam at 3,750 meters. O/N Hotel
- 2nd Sep. Drive to Tingri at 4,080 meters. O/N Hotel
- 3rd Sep. Rest in Tingri at 4,080 meters. O/N Hotel
- 4th Sep. Drive to Chinese Base Camp, 4,700 metres. O/N Camping
- 5th Sep. Rest at Chinese Base. O/N Camping
- 6th Sep. Trek halfway to Advanced Base Camp. O/N Camping
- 7th Sep. Rest day at "Halfway Camp" at 5,080 meters. O/N Camping
- 8th Sep. Trek to Advanced Base Camp at 5,600 metres.
- 9th Sep. Rest and organization at advanced base camp.
- 10th Sep. Trek to Camp 1 at 6,200 metres, return to Advanced Base Camp.
- 11th Sep. Rest in Advanced Base Camp.
- 12th Sep. Climb to Camp 1, Sleep at Camp 1.
- 13th Sep. Explore route to Camp 2 at 6,700 metres. Return to advanced base camp.

- 14th Sep. Rest in Advanced Base Camp
- 15th Sep. Rest in Advanced Base Camp
- 16th Sep. Climb to Camp 1 and sleep at Camp 1.
- 17th Sep. Climb to Camp 2 and sleep Camp 2.
- 18th Sep. Explore the route to camp 3 at 7,400 metres. Return to Advanced Base Camp.
- 19th Sep. Rest in Advanced Base Camp.
- 20th Sep. Rest in Advanced Base Camp.
- 21st Sep. Rest in Advanced Base Camp.
- 22nd Sep. Climb to Camp 1 and sleep at Camp 1.
- 23rd Sep. Climb to Camp 2 and sleep at Camp 2.
- 24th Sep. Climb to Camp 3 and sleep at Camp 3.
- 25th Sep. Summit attempt
- 26th Sep. Summit attempt
- 27th Sep. Summit attempt
- 28th Sep. Summit attempt
- 29th Sep. Summit attempt
- 30th Sep. Summit attempt
- 1st Oct. Descend to Advanced Base Camp,
- 2nd Oct. Final packing, Pack up Advance Base Camp and trek down to Chinese Base Camp, drive to Tingri. O/N Hotel
- 3rd Oct. Drive from Tingri to Kathmandu.
- 4th Oct. Celebrations!!!! in Kathmandu
- 5th Oct. 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.

Climbing Style

We climb cautiously and carefully, with excellent leadership, organization, Sherpa climbers.

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. They also help with high altitude equipment transport, carrying your extra weight both up and down the mountain. **You do not need to carry a heavy rucksack during the climb.**

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 camping trek, our skillful and hard working cooks prepare three hot meals each day with a very healthy diet of fresh vegetables, cheeses, eggs, and fresh meat as well, tinned fruits, tinned meats and fish (all meats and fish are prepared separately out of respect for the vegetarians in our midst) and 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.

Our Services

- 1 All internal transportation including overland drive to Cho Oyu Base Camp.
- 2 Services of English or/and Swedish speaking guide.
- 3 Porter's and Sherpa's assistance.
- 4 5 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- 5 Welcome dinner.
- 6 Cho Oyu climbing permit
- 7 Chinese/Tibetan visas.
- 8 Laison officers.
- 9 All Hotels on bed and breakfast basis in Tibet.
- 10 Emergency use of Pressure bag (Gamow bag) and medical oxygen cylinders.
- 11 All camping and kitchen facilities.
- 12 All meals while on Base Camp and Advanced Base Camp.
- 13 All mountaineering equipment, including ropes, fixing gear, tents, stoves and fuel, oxygen cylinders. (You have to bring your own oxygen mask which is easily available in Kathmandu)
- 14 Staff insurance, tourist service fee and all taxes applicable as per state law.

Not Included

- 1 Personal accident and rescue insurance. You must provide your own rescue insurance
- 2 Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- 3 Private room accommodation in Kathmandu unless a single supplement is paid.
- 4 Optional tips to guides and porters.
- 5 International airport departure taxes.
- 6 Visa costs.
- 7 Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.

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
- Bandana or head scarf, also useful for dusty conditions

Upper Body-

- 2-3 cotton t-shirts
- 2 polypropylene t-shirt
- 2-3 long sleeve polypropylene shirts, lightweight
- 1 polar fleece pullovers, medium weight
- 1 polar fleece jacket
- Gore-Tex jacket with hood, waterproof and breathable
- Lightweight down jacket for Base Camp
- For high altitude use, 1 very warm goose-down (duvet) jacket with hood, you may prefer a down/duvet suit

Hands-

- 1 pr. lightweight poly-liner gloves
- 1 pair mittens, consists of 1 Gore-tex over mitt matched with the very warm polar Fleece mitt liner

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 poly or wool socks
- 2 pair of liner socks. Polypropylene or wool
- 2 pair lightweight trekking socks, poly or wool

Sleeping-

- For high altitude, 1 down (duvet) sleeping bag (rated to – 20 Centigrade or -0 F
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 duffle bags.**
- Small padlocks for duffel kit bags.

Personal Food 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". We ask that you bring or buy your own "snack" or daily cold energy food, 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
- 1 camera and film, or digital camera with extra cards and extra batteries
- Nylon stuff sacks for food and gear storage, large Ziplocs are useful also
- 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 basecamp 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 effects 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

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents.

Money Matters

The ideal currency to bring with you is US\$ or Euro in traveler's cheques.

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

On trek: you will need around 5 to 6 US \$ 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 20 to 30 Nepali Rupees

On the trek: At the End of the trek it is a customary to tip the field staff. The recommended amount is 4 to 5 US\$ depending on group size. The Group leader will organize that for you.

Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal and in Tibet please observe the following:

- 1 Full or partial nudity is not accepted.
- 2 Over display of affection between men and women, especially in temples and monasteries are discouraged.
- 3 Please remove your shoes before entering monasteries and temples.
- 4 Never point the soles of your feet at a person or shrine.
- 5 Many Hindu temples are closed to non-Hindus. Please ask before entering.
- 6 Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY