



## Cho Oyu Expedition from Tibet

<b>Trip code</b>	
<b>Package name</b>	Cho Oyu Expedition from Tibet
<b>Duration</b>	38
<b>Max. elevation</b>	8201 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	Flight (Kathmandu - Lhasa - kathmandu).
<b>Accommodation</b>	Standard hotel and camping twin sharing bed basis during the climbing session.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Lhasa - Shingatse - Cho Oyu Base camp - 26 Days Climbing time - Lhasa - kathmandu.
<b>Cost</b>	USD 32,500 per person

## Highlights

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## Overview

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Cho Oyu is the sixth highest mountain in the world at (8,201 meters/26,906 feet). Cho Oyu Expedition is one of the easiest of the 8,000-meter peaks due to its straightforward approach and lack of objective dangers. Cho Oyu means "Goddess of Turquoise," as its stark shadows appear this color in the light of the setting sun when viewed from Tibet.

Cho Oyu is located about 30 kilometers west of Mt Everest and straddles the border between Nepal and Tibet. Mount Cho-Oyu was first climbed on October 19, 1954, by Austrian Joseph

## **Joechler, Herbert Tichy, and Pasang Dawa Lama (Nepal).**

There are two climbing routes, one from the south (Nepal side) and another from the north, the west ridge, commonly referred to as the regular route. The mountain is semi-technical with short ice cliffs, a rock band, and several crevasses. We provide both full board and base camp logistic services on Cho Oyu.

We recommend using the top board services for safety, a secure mountaineering experience, and your best opportunity to reach the summit. However, some experienced climbers may opt for climbing without support above base camp from a guide or Sherpa.

The team will assemble in Kathmandu and gather any last-minute items. Upon arriving in Kathmandu, it will take two working days to obtain your Chinese Visa and climbing permit, but we will submit and take care of the details for you. The team will then travel overland via the Friendship Highway to Tibet.

The journey takes you across the Tibetan Plateau, where you stop in Tingri and Nyalam along the way to acclimatize, before reaching the Chinese Base Camp. From the Cho-Oyu Chinese base camp, you will trek to the middle camp for an overnight stay and the next day make the journey to Cho-Oyu Base Camp, which sits below the northwest face of the mountain.

The route above the advanced base camp consists mainly of low-angled snow slopes up to 35° with one short but very steep section to bypass a Sérac barrier at 6,475 meters. Most of the climbers use two or three camps on the mountain before reaching the summit. Camp 1 lies at 6,400m, Camp 2 is around 7,100, and the highest camp is at 7,450m.

Most of the climbers try to summit push from camp two and return to camp two. However, we like to make this decision based on the client's health and fitness during the summit push. We are always flexible, and the plan might change due to weather, wellness, illness, or other unseen events. Generally, the team will spend 22-23 days committed to the summit objective, with multiple equipment and supply carries, and acclimatization climbs to camps 1, 2, and 3, before attempting the summit.

Nature Trail provides top-quality service to ensure safety, comfort, and support to maximize each client's chances of a successful summit. For us, the service quality means we always use private transportation from Kathmandu to base camp in a comfortable Jeep, and we only use experienced and trained climbing guides, an expedition cook, and professional base camp staff.

Meals are freshly cooked, with snacks and drinks available 24 hours in your dining room. We only use the highest quality personal tents, a spacious and comfortable dining tent with functional and comfortable furniture, and an efficient heater, showers, and solar panels for charging and lighting are all part of our advanced base camp facilities.

## **Cho Oyu Expedition :**

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Our Cho-Oyu climbing guides are experienced and qualified. We provide extensive training to our staff in technical western-style climbing and English, customer service, and Wilderness First Aid. Most of our guides are skillful via TAAN, NMA, and NATHM. They have many years of experience on prominent peaks. They are highly skilled in Nepal mountaineering, and all hold a Nepal Government

License, Mountaineering Association Accreditation, and Summit Certificates of Nepal Himalayan peaks.

They have thorough technical training and practical experience in rock climbing techniques, ice and snow techniques, and logistic knowledge and expertise to set up and operate high altitude camps, experience in high altitude camping, techniques with fixed rope climbing, belay techniques, use of any mountaineering gear, service of oxygen, high altitude food, avalanche, and high mountain rescue techniques.

## **Climbing route:**

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### **Advance Base camp: 5700m**

Cho-Oyu Advance base camp located below the North West face route at an elevation of 5,700m/18,700 feet is very comfortable and scenic. Spectacular glaciers and peaks surround this location with a full frontal view of the entire Cho Oyu route from the tent.

The climbing route to the summit is approximately 12 km long with an elevation gain of 2,501m. You will spend about 22 days here. Cho-Oyu's advanced base camp is generally sunny due to its location, with the sun being out early and staying late in the day. There are approximately 7-15 climbing teams each spring and autumn season.

### **Cho-Oyu Camp 1: 6,400m.**

From advanced base camp to camp will take most people 4-6 hours. This trip starts out walking along the Gyabrag Glacier before moving to a steep scree slope that takes you to the shoulder of a broad snowfield and camp I. While in command, I am set in a generally safe location. There are always risks of an avalanche on any big mountain, and proper safety precautions and tent set-up are essential.

### **Cho-Oyu Camp 2: 7,100m.**

Camp two is located at 7,100m/23,294 feet on a broad snow face just above a prominent 25-meter high ice cliff. To make climbing the ice cliff safer, we will fix a line up the ridge, making this part of the trip safer and more enjoyable. I will take most climbers 5 -7 hours on mostly 35-38 degree snow slopes from the base to camp II.

### **Cho-Oyu Camp 3: 7,500m.**

Camp III is located at (7,500m), which leaves the climbers with a 700-meter push for the summit day. Camp II is located just below the yellow band, a rock cliff that must negotiate to reach the summit and is covered in snow.

The climbing route is a short but steep snow slope above the yellow band, but very strenuous. Since we will only spend a short amount of time at Camp III, this camp does not contain many amenities. Around 45% of climbers will utilize bottled oxygen above base III. Most climbers will leave camp III for the summit around 0100 hours.

### **Cho-Oyu Summit: 8,201m.**

Upon leaving camp III, it will take you 7-9 hours of hard work to reach the summit of Cho Oyu. Most climbers will reach the summit between 0700 and 1000 hours if the weather is stable and the

conditions are right. After crossing the yellow band, which is not difficult at sea level but can be challenging at 7,800 meters, the summit day's remainder is a long steep snow slope that requires climbers to dig deep and keep focused.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu – Transfer to Hotel, and getting to know Nature Trail (1350m)**

You will be met at the arrival terminal and transferred to the group hotel. The Hotel locates within walking distance of Thamel in Kathmandu. The rest of the day is free to explore the city or can choose to relax.

### **Day 2 : Day 2-3 : Visa Process and Shopping**

We will set these two days aside for us to help you get some last-minute supplies, Tibet visa processing and finalize any official documentation needed for the expedition. Of course, you will be briefed about the program by our team members as well.

### **Day 4 : Flight to Lhasa**

Depart on an early morning flight to Lhasa. Arrive at Lhasa Airport (3700m) after an hour and ten-minute flight, passing over the panoramic peaks of Everest, Kanchenjunga, Makalu and the southern Tibetan Plateau. Transfer and check in to your Hotel. After a short break, we'll roam around Lhasa's old quarter. First, we'll find Barkhor's exciting pilgrimage kora (circuit). Witness the pilgrims performing ritual prostration around the entire kora. Barkhor is also famous for its typical Tibetan open market where hundreds of merchants, traders and artisans set up shop to sell their wares to the people of Lhasa and the innumerable pilgrims. In the late afternoon, we'll visit the Jorkhang Temple, the spiritual centre of the region. Founded in the mid-7th century, today, it hums with pilgrims murmuring chants and spinning prayer wheels amidst the myriad flickering of yak butter lamps. We'll also attend the evening prayer recital in the temple.

### **Day 5 : SightSeeing at Lhasa**

If you're picturing Tibet, chances are you're depicting the Potala Palace. It remains a symbol of Tibetan autonomy and the seat of the government in exile of the holy Dalai Lama. It's a treasure trove of traditional culture, a unique architectural marvel and a World Heritage Site. Stroll through its 13 storeys, housing 1000 rooms. Later, you'll have an opportunity to get an insight into the world of ancient Tibetan holistic healing at Metzekhang medicine centre.

### **Day 6 : Drive to Shingatse**

You will start your tour at around 8 am from your Hotel and then drive towards Gyantse through 3 significant mountain passes, Gampa La, Karo La, and Simila, respectively. Karola is the highest pass among them, over 5000Mts with its most beautiful glaciers; beautiful Yamdrok Lake emerged as

coral colour from the top of Gampala pass. Drive along the beautiful Yamdrok Lake and Karola glaciers. Arrival in Gyantse during your lunch time, visit Palchoe monastery and Kubum Pagoda stupa. Finally, continue your journey to Shigatse by passing one of Tibet's most significant farming lands, where people grow barley, wheat, and vegetables.

## **Day 7 : Drive to Shegar**

Continuing our drive along the Friendship Highway, we climb to a pass which offers a first distant view of the main (Nepalese) Himalayan range, which we must eventually cross. Descending from the pass, we reach the small town of Lhatse, which feels like a frontier town in the Wild West. Apart from its hot springs, Lhatse's claim to fame is that the long road to western Tibet begins a short distance west of the town. Beyond Lhatse, we cross the highest pass on the Friendship Highway, the Gyamtso La (5220m). Then, rounding a bend on the descent from the pass, we are confronted by our first views of Everest, Lhotse and Cho Oyu. Next, we encounter wild Tibetan settlements, lonely monasteries and the encampments of nomadic herders on the next 50-kilometre stretch of road to Shegar. We overnight at one of the best hotels in Shegar, which offers basic but comfortable accommodations. From here, we will set off on our detour to the Rongbuk Valley and the north side of Everest.

## **Day 8 : Day 9 - 35 : Climbing period**

Today's a huge day as we'll finally set off for an expedition to Cho Oyu Expedition. The climb to the mountain is quite difficult, with many steep glaciers and ice slopes. It has a rugged trail full of boulders and stones, so we'll start early.

The climb begins with a hard scale up the mountain. We'll follow in the footsteps of our trek guide and Sherpas, who'll assist throughout the expedition. They'll provide us necessary training and guidance for the technical ascent.

You'll ascend the steep snowy slopes and ice cliffs in the days to come. The trail will also take us over the mountain ridge and many semi-technical sections, which requires the help of fixed rope. After reaching the summit, you'll get a couple of minutes to enjoy the scenic view and stunning landscapes.

We'll quickly descend the trail and retrace the steps back to Shisapangma Base Camp. The trek won't take as much time as previous, but we'll still have to be careful while climbing down. Tonight we'll stay in the tent.

## **Day 36 : Drive to Lhasa**

Start your tour early in the morning and drive along the Bharmaputrariver with a landscape of sandy hills, villages, and RulakYungdrung ling on the other side of the river. You will have lunch in a small town called Nyenmo, the border point between Shigatse and Lhasa—free afternoon shopping.

## **Day 37 : Fly to Kathmandu**

The flight from Lhasa takes 1 hour and 10 minutes to Kathmandu. Depending on your flight time, we provide a transfer from the airport to the Hotel. Back at the Hotel, you will take a proper shower and rest.

## **Day 38 : Departure to homeland**

Today is the last day of the program; depending on your flight time, we will arrange the transfer to the airport, and your guide will go to see you off. The airport check-in time is 3 hours before flight departure, and the checkout time at the Hotel is noon. If your flight is later in the evening, you can request a late checkout at the hotel reception.

## **Inclusions**

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### **What is included?**

Airport pick up drop by private vehicles and Transfer to Hotel.

4 nights hotel (3-stars) in Kathmandu, B/B plan

Expedition Royalty and permit from Tibet government to climb Mt. Cho Oyu from Tibet side.

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Trekking Permit & Climbing permits .

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Shisapangma Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

## **What isn't included?**

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Tips for Base Camp Staff and Climbing guide.

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

## **Complimentary**