



Cho Oyu Expedition



Overview

Cho Oyu, situated on the border of Tibet and Nepal, is a good training peak for mountaineers willing to challenge themselves at the milestone altitude of 8,000m. The adventure of Cho Oyu "The Turquoise Goddess" is not a well-known tale. Herbert Tichy and Sepp Jochler, two quiet, reserved Austrians and their good Sherpa friend Pasang Dawa Lama achieved the mountain's first ascent in 1954.

Cho Oyu is the sixth highest mountain on the planet and rises to an impressive 8,201 meters above sea level. As the crow flies, it is only 20km from Mt. Everest. Cho Oyu is the most attainable of the world's highest mountains and is an impressive first foray into the world of high Himalayan climbing as well as an essential climbing stone for climbing Mt Everest.

The comparative ease of access, lack of objective dangers and generally uncomplicated terrain contribute to its high success rate.

Required number of participants: no minimum, maximum 10.

The start date refers to the arrival date in Kathmandu and the end date refers to the earliest you can book for your return flight home. When departing from Europe, allow for an overnight flight to Kathmandu, but on the flight back home it is possible to depart in the morning and arrive on the same day.

Private trips are welcomed if the scheduled dates do not fit. We have our own office and guesthouse ready and waiting for any dates you may prefer.

Package

Includes	Excludes
<ul style="list-style-type: none">• Airport pick up & drop• Hotel in Kathmandu• Tibet visa & travel permit• Hotel in route to Tibet side• Transportation for Tibet side• Transportation to Tibet border• Camping equipment• Expedition permit for Cho Oyu• Liaison officer & interpreter• Staff insurance• Oxygen- mask & regulator• Satellite phone & internet permit• Gamow bag• Solar panel for light & batteries charge• Necessary porter (yak/man)• Food for expedition period• Base camp guide• Cook & kitchen staff	<ul style="list-style-type: none">• International flights to and from Kathmandu• Personal equipment for climbing & trekking• Personal & medical Insurance of expedition• Climbing food, gas & stove above base camp• Lunch & dinner in Kathmandu• Emergency rescue evacuation by helicopter in case needed• Walkie Talkie permit & personal satellite phone permit• Oxygen & mask regulator• Personal expenses• Bar bills & beverage• Garbage deposit and deposit fee will be not refunded if the clients (climber) do not take back their garbage to Namche Bazaar & Kathmandu.• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price. During your trip briefing, you will be wisely advised on this matter and on the average amount to offer.

Broad itinerary

Our expedition to Cho Oyu blends a wide range of expertise and resources in order to provide a high level of support for this expedition.

An expedition of this type is difficult to determine concerning time frames, but we generally come to an agreement regarding specific heights and sleeping at certain camps. Thus allowing our participants to stay at the camp and to acclimatize to the altitude.

As this is a 34-day expedition, a rough outline of our itinerary will take the following form:

Before truly beginning our expedition, we will drive from Kathmandu to base camp stopping on the way in several villages for hotel overnights. You have the time to spend visiting the villages of Nyalam and Tingri while discovering the traditional daily lives of the people. It is also a good way for you to acclimatize to the altitude before reaching the Everest base camp.

Then, we ascend to higher altitudes to attain the advance base camp. Finally, on the fourteenth day of our journey, the two-week period climbing period to conquer the summit begins. Once the decision has been made to attempt a summit, the total summit period will last two weeks.

A few days spent back at Everest base camp helping to clear out the camp is followed by a drive back to Kathmandu.

Itinerary

Day 1 – 1400 m

Arrive to Kathmandu & transfer to hotel.

Day 2 - 3 – 1400 m

Rest day in Kathmandu. Full day sightseeing in Kathmandu Valley. Trip preparation day in Kathmandu.

Day 5 – 2300 m

Kathmandu to Zangmu (Drive).

Day 6 – 3750 m

Zangmu to Nyalam (Drive).

Day 7 – 3750 m

Nyalam - rest day.

Day 8 – 4300 m

Nyalam to Tingri (Drive).

Day 9 – 4300 m

Tingri acclimatization day.

Day 10-11 – 4900 m

Tingri to base camp (Drive). Rest in base camp.

Day 12 – 5700 m

Base camp to advanced base camp.

Day 13-28 – 8200 m

Climbing period to Cho-Oyu.

Day 29 – 5700 m

Back to advance base camp.

Day 30 – 4900 m

Advance base camp to base camp.

Day 31 – 2300 m

Base camp to Zangmu (Drive).

Day 32 – 1400 m

Zangmu to Kathmandu (Drive).

Day 33 - 34 – 1400 m

Rest day in Kathmandu. Departure from Nepal.

Fitness

This is arduous expedition, which cannot be under estimated. The effect of tiredness will be felt due to the strenuous previous days of climbing. On the other hand, you will have very well adjusted to the altitude in excess of all the subsequent ascents. You need to have a very good cardiac rhythm while doing low intense fitness. A strong muscular condition is required for your legs, hips, core and back.

Personal assessment of fitness can be very subjective. Therefore, for this expedition you need to feel

comfortable hiking for at least 5 to 6 hours over rough steep terrain with about 10 kg on your back. In addition, you have to be able to repeat this process the next morning without any difficulty.

Clearly, the best practice for this trip is training in a way that best reflects the demands of the trip. It is highly recommended to undertake some good long walks of 5 hours or more on rocky steep hills with a 10 kg pack. If you cannot spare time to doing these walks to adjust your cardiac rhythm, then we suggest you do half an hour or more every week of running, swimming, cycling, rowing and other.

In this expedition, not only the physical condition plays a role, but as well the mental preparation. By which you feel determinant and ready to accomplish such challenge while enjoying it at the same time.

This trip is suitable for people who have an absolute love for the mountains and love overcoming challenges like those. If you have any doubt to whether or not this trip corresponds to you, please do not hesitate to ask us and we will enquire you on your decision.

Kit List

Example Personal Kit List

Feet

- One Sports high altitude boots for above Camp 2
- Berghaus GTX Alpine boots for up to Camp 2
- Base Camp boots (Canadian backcountry, fleece lined)
- Casual Shoes (Merrell)
- Grivel crampons 12 point with extension bar for One Sports
- Black Diamond 12 point crampons for GTX boots
- Socks (5 pairs, 2 thick for high altitude & 3 hiking) (Smartwool)
- Spare shoe insoles
- Gaiters

Hands

- 2 pairs windstopper gloves (Berghaus)
- 1 pair summit down mitts (Rab)
- 1 pair lightweight down mitts (Berghaus)
- 2 pair liner glove
- 1 pair guide gloves

Head

- Neoprene facemask, Balaclava
- White sunhat with neck cover
- Spare pair of glasses and Julbo glacier glasses
- Prescriptive sunglasses
- 1 peak hat, 3 x Buffs
- 3 woolly hats (varying thicknesses)
- Petzl climbing helmet
- Adidas Goggles with prescriptive lens inserts, 100% UV space lens and orange lens
- Adidas Climacool sunglasses with prescriptive lens inserts and space lens and orange lens

Skin

- Extreme SPF40 Sunscreen
- Dermatone high altit. suncream
- SPF25 lipcream; Lipsalve (Calmex)
- Moisturising creams: Shea butter

Base Layer

- Thin thermals tops x 4 (Merino wool and Uniqlo)
- Thin thermal bottoms x 1 (Berghaus)
- Powerstretch suit (Mountain Hardwear)
- Thermal underwear x 4 pairs (Uniqlo, Merino wool, Berghaus)
- Thick thermal tops x 2 (Berghaus)

Mid layer

- Fleece trousers (Berghaus)
- Fleece tops x 4 (Berghaus)

- Windstopper salopettes (TNF)

Outer layer

- Windsuit (Rab)
- Summit down jacket (Rab)
- Lightweight down jacket

Bags

- Extrem 90 litre rucksack (Berghaus)
- Extrem 45 litre daysack (Berghaus)
- **Rucksack ~60 L**
- 100 litre TNF bag

Climbing

- Walking Axe (Grivel & Petzl Icewalker)
- Harness (alpine bod)
- Hammer Axe
- 10 ice screws
- Cows tail with jumar and safety karabiner
- **Harness set: 8 Finger, zumar, carabiner (3 lock and 2 normal) 5 piece each, Silling 5 meters**

Camping

- Rab Summit down sleeping bag (above BC)
- Ajungilak synthetic sleeping bag (BC)
- 1L metal flask; 1.5L water bottle with Nalgene cover (Bradley Alpinist)
- 2 x 1L Nalgene water bottles with down bottle cover and neoprene cover
- Rucksack cover
- Petzl Duobelt headtorch with remote battery back
- Petzl halogen headtorch (AA batteries)

Health

- Supergreens plant extract
- Acai berry powder
- Berocca Vitamin C

Emergency

- Avalanche probe
- Emergency blanket
- Space blanket
- Pulse Barryvox avalanche transceivers x 2

Cameras

- Canon EOS + charger, hand bracket, light,
- Go Pro HD Camcorder
- Sennheiser microphone
- Canon IXUS digital camera + AC charger unit + DC lead + data lead

- Fleece Monkey jacket (MHW)

- Summit down trousers (Rab)
- Down suit Windproof trousers and jacket (Berghaus paclite)

80 Litre Duffle bag

- Many stuff sacks
- Ortlieb drybags

- 2 man ropes, 30m x 8mm dynamic
- Descender (figure of 8)
- 3 screwgate karabiners
- 3 long slings, 4 short slings
- Suunto Explorer (altimeter, barometer)
- GPS Garmin Explorer

- Black Diamond mini headtorch
- Walking poles (Leki Makalu)
- 1 Full length Thermarest
- 2 closed cell sleeping mats
- Thermos food flask
- Thermal mug (Bradley Alpinist)
- Titanium spork
- Towel; Leatherman
- Box of repair kits
- Loupe & Alarm clock
- Pee bottle (2L)

- Pharmaton for fatigue
- Intra biological extract

Learn More

This expedition is strenuous and needs a high level of fitness and motivation. We recommend to have good previous experience of wild camping in cold conditions, altitudes above 5000m and the use of walking axe and crampons. Previous experience of using ropes for climbing or mountaineering is an advantage, but not essential as training will be given on the trip.