

Lama Adventures Pvt. Ltd.

Cho-Oyu Expedition

Difficulty	Duration	Region	Max. Altitude	Type	Group Size
Extreme	60 Days	Everest	8188m	Expedition	2-14 pax

Overview

Cho Oyu is the sixth highest mountain in the world standing at 8201 m. Located about 30 km west from Mt. Everest, Cho Oyu stands on the border between Nepal and Tibet. The word Cho Oyu means 'Goddess of Turquoise' due to its shadows appearing the color turquoise in the light of the sunset when viewed from Tibet. Cho Oyu lies in the subsection of the greater Mahalangur Himalayas with other two high mountains Makalu and Lhotse. Only a few kilometers to the west of Cho Oyu lies the Nangpa La Pass, which is the main trading route connecting Sherpas in Nepal and Tibetans in Tibet.

The expedition to Cho Oyu is considered to be the easiest of the 8000 metre peaks due to the straightforward approach and lack of dangers but it is no walk in a park. It requires a high level of expertise in high altitude climbing and tons of previous experience. There are two climbing routes for Cho Oyu, one from the south side in Nepal and another from the north side in Tibet. The mountain is put in the semi-technical category with several crevasses and ice cliffs.

The route after leaving Cho Oyu base camp consists of mainly low-angled snow slopes with a very steep section to go round a barrier at 6475 meters. Climbing up to the summit requires about three camps, whereabout Camp I will be located at 6400 m, Camp II at 7100 and the highest camp at 7450 m. It also depends on the fitness of the climber and how willing they are to push themselves.

To ensure safety along with providing the highest quality service in the high altitude, Lama Adventures offers experienced and trained climbing guides who make sure you reach the summit maintaining your physical fitness all along the way. No compromises when it comes to your well-being, so our itinerary is flexible according to your needs and also for some unforeseen circumstances.

Itinerary

Day 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Day 2-3: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 4: Drive to Rasuwa Gadhi

After breakfast in Kathmandu, we set off for Rasuwa Gadhi. The drive takes about 8 hours to reach Rasuwa Gadhi from Kathmandu. From Rasuwa Gadhi, Kyirong is near which is the nearest border to Tibet. Overnight in Rasuwa Gadhi.

Day 5: Drive to Kyirong

The distance from Rasuwagadhi to Kyirong is only 24 km and takes about 40 minute drive. Immigration and visa formalities are mandatory at both ends of the border. Overnight in Kyirong.

Day 6: Rest and acclimatization in Kyirong

We spend an extra day resting and acclimatizing with the high altitude in Kyirong. We look around the place and spend the day exploring. Overnight in Kyirong.

Day 7: Drive to Thingri

Our Journey starts after having breakfast in Kyirong. Today we take an adventurous drive into the dry and arid landscape of the Tibetan Plateau. We pass through Peiku Tso Lake at 4600m. En-route we can enjoy a great panorama of the Himalayas including Shishapangma, Langtang, Gaurishanker and Annapurna. After reaching Thingri, we can also see Mount Everest. The sunset view from Thingri is magical if the weather is on our side. Overnight in Thingri.

Day 8: Rest day in Thingri

We spend an extra day in Thingri to acclimatize our body with the thin air. Thingri is a traditional Tibetan village where we can experience the culture and traditions of the

local people living there. Overnight in Thingri.

Day 9: Drive to Cho Oyu Base Camp

From Thingri, we again drive to Cho Oyu Base Camp. After reaching base camp, we will prepare all our climbing gears and make ourselves ready for the summit. From the base camp, we will view the most panoramic view of Mount Everest. Overnight in Cho Oyu Base Camp.

Day 10-34: Climbing Period

Days 10 through 34 is for the climbing period of the Cho Oyu mountain. We rehearse our climb in the base camp and advanced base camp and intermediate camp which we set up as days go by. In the summit day, we leave early in the morning to avoid the high winds in the summit. From the base camp, we climb in some icy trails of glacial moraines towards the summit of the Cho Oyu mountain. After reaching the summit, we can see one of the most beautiful panoramic view of the scenery surrounding us.

Day 35: Trek back to Base Camp

Today, we retrace our way back to base camp from the Intermediate camp at 5400m which we set up on day 10 of our expedition. Overnight in Cho Oyu Base Camp.

Day 36: Drive to Kyirong

Today after breakfast in Cho Oyu Base Camp, we continue our journey and drive back to Kyirong passing the traditional Tibetan village Thingri. Overnight in Kyirong.

Day 37: Drive to Kathmandu

After breakfast in Kyirong, we leave early in the morning and drive back to Kathmandu. It takes about 7-8 hours of drive to reach Kathmandu from Kyirong as the roads are a bit bumpy. Overnight in Kathmandu

Day 38-39: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 40: Final Departure

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.
Kathmandu Sightseeing with Tour Guide.
Entrance fee
Climbing Permit
Professional Mountain Guide between 2 client 1 Guide Climbing Period,
Round Domestic Air Ticket
Domestic airport departure taxes.
Tea House Accomodetion, brekfast lunchand dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner climbing period.
Guide, Cook, Kitchen staffs and porters/mules.
High food and Tent
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.
Group Climbing Equipment
Base camp Charge
Liaison officer

Cost Excludes

Personal Climbing Gear and equipment
International roundtrip airfare to and from Kathmandu
Nepal Visa fee
Lunch and Dinner in Kathmandu
Extra night accommodation in Kathmandu because of late departure, early return from mountain(due to any reason) than the scheduled itinerary
Excess baggage charges if you have more than 30KG luggage
Personal Bill/Expenses
Bar Bill and Drinking water during the Tea House Period
Personal communications (Satellite phone, phone, fax, email)
Personal Climbing Sherpa (must be arranged before the expedition)
Sleeping bags
Travel/rescue insurance
Summit Bonus for climbing guide
Any rescue costs or costs of early departure from the expedition
Helicopter or charter flight
Tipping for staff and guide