



CHO OYU EXPEDITION
Climb world's sixth highest mountain

40 Days | 8201 meter



ABOUT THIS EXPEDITION

Mount Cho Oyu (Mt. Qowowuyag) is the world's sixth highest mountain and considered by many as one of the most accessible climbs of the world's fourteen 8,000 meter peaks. It offers an excellent choice for all mountaineers alike wishing to climb their first 8,000 meter peak. It is technically straightforward climb with a minimal danger and easy decent. Mount Cho Oyu is located between Nepal and Tibet (China). The mountain would be the best choice for the mountaineers who want to stand on the summit of 8000 meter peak due to its straight forward climbing with minimal objective danger and less technically demanding. This mountain was first climbed by Hebert Tichy in 1954.

Trip to climb mount Cho Oyo start from Kathmandu and drive to Zhangmu via Araniko highway and Friendship Bridge or Kerung. Sherpa Shepherds' guiding approach on Cho-Oyu differs notably from many other guide services as we intentionally keep our team small. Our expedition is fully staffed and no extras or add-ons are needed.

TRIP AT GLANCE

 Duration 40 Days	 Destination Tibet	 Group Size 5-12 Pax
 Ascent Route North East	 Elevation 8201 meter	 Grade Very Tough

Sherpa Shepherds maintain strict standards of safety, climb with small ratios, offer an unparalleled level of service, provide you with the best and most experienced guides, and have an infrastructure that is geared entirely toward your individual safety and success in the Himalayas. Our Cho-Oyu expeditions are led by veteran Sherpa guides who possess years of climbing experience with numerous summit records. Our familiarity with the mountain and experience combined with the ability to transcend the logistical hurdles, as well as providing excellent base camp facilities, makes the possibility of taking those final steps onto an 8200m summit that much greater.



PRICE AND DATES

SEMI SERVICE: USD 13900 P.P.*
FULL SERVICE: USD 22500 P.P.*

SPRING 2019: 10 APRIL TO 19 MAY
AUTUMN 2019: 05 SEPT TO 14 OCT
SPRING 2020: 10 APRIL TO 19 MAY
AUTUMN 2020: 05 SEPT TO 14 OCT

FEATURED GUIDE



ANG PASANG SHERPA
High Altitude Climbing Guide
4th times Everest Summiteer



PHURBA SONAM
High Altitude Climbing Guide

TRIP ITINERARY

Day 01: Arrival in Kathmandu

Upon your arrival at the Tribhuvan airport, Sherpa Shepherds representative welcome you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, a Sherpa Shepherds tour manager will brief you about trip, check-up climbing gears and fix time for visit at Ministry of Tourism for permit along other necessary information. And then you'll free time to explore Kathmandu. Overnight at Hotel Vaishali****

Included Meal: No | **Altitude of Kathmandu:** 1310 meter | **Drive:** 20 min (airport to hotel)

Day 02: Check Up Climbing Gears and Visa Apply

Today is free day for preparation of Cho Oyu Expedition. You'll have free time to check climbing gears or explore around Kathmandu while we, Sherpa Shepherds will apply for Tibet visa which will take 1-3 working days (depending on the visa rule system). If you explore the fascinating city of Kathmandu, you can visit Kathmandu's World Heritage Sites. We make a guided tour to some of UNESCO World Heritage Sites in the Kathmandu valley: Kathmandu Durbar Square, Pashupatinath, Swayambhu, and Boudhnath. You will be also briefed on the nature of expedition, equipments and team composition. You can also make your last minute buying of personal items if anything missed. Overnight at Hotel Vaishali***.

Included Meal: Breakfast

Day 03: Preparation Day

Today is full free day in Kathmandu. You'll have free time to explore around Kathmandu. Nepal is a land of many festivals and holidays. Overnight at Hotel Vaishali***

Included Meal: Breakfast

Day 04: Final Preparation Day

This day is reserve day in case if previous day is holiday in Ministry of Tourism for climbing permit formalities. Also today you can do last minutes shopping if you missed to buy anything for this expedition. If there is no holiday in previous day, you'll have free time to rest and explore around Kathmandu valley. In a meantime, we, Sherpa Shepherds will collect your passports and visas from Embassy of China and will do final preparation. Overnight at Hotel Vaishali***

Included Meal: Breakfast

Day 05: Drive: Kathmandu-Kerung

After breakfast at Kathmandu hotel, you'll drive to Rasuwa Gadi border which will take about 5-6 hours drive. Upon arrival at border, you'll cross custom and then driver to Kerung.

Overnight at Guest House.

Altitude of Kerung: 3800 meter

Included Meal: Breakfast, Lunch and Dinner

Day 06: Drive: Kerung-Peiku Tso

After first night stay in Tibet, today you'll have rest day for acclimatization. Today you'll drive to Peiuko Tso. Overnight at Guest House.

Included Meal: Breakfast, Lunch and Dinner

Day 07: Drive: Peiku Tso -Tingri

Today after breakfast we start our trek with a drive to Tingri. The driving distance to Tingri is approximately 217 km or 134.8 miles and will take around 4 hours to reach Tingri. Overnight at Guest House.

Altitude of Tingri: 4390 meter

Included Meal: Breakfast, Lunch and Dinner

Day 08: Rest Day in Tingri

Today we shall rest in Tingri for acclimatization. Overnight at Guest House.

Altitude of Tingri: 4390 meter

Included Meal: Breakfast, Lunch and Dinner

Day 09: Drive: Tingri - Cho Oyu Base Camp

After breakfast at Tingri, today you'll drive to Chinese Everest Base Camp via Rongbuk Base From Tingri, we will drive along a bumpy track south to the end of the road at Cho Oyu BC. We will spend the next day adjusting to the altitude and camp, and getting our loads ready for yaks to carry up the next day.

Altitude of Base Camp: 4800 meter

Included Meal: Breakfast, Lunch and Dinner

Day 10: Preparation for Advance Base Camp

You'll rest at Cho Oyu Base Camp for acclimatization and also will prepare to move to Advance Base Camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 11: Trek: Cho Oyu Base Camp - Advance Base Camp (5650m)

Today, from Cho Oyu Base Camp you'll trek to Advance Base Camp of Cho Oyu. The route will be followed by a train of yaks carrying the expedition's supplies, we will trek up a long valley to Advance Base Camp. This is when the time we have taken to acclimatize will really pay off. We will break the journey over 2 days and spend these nights in intermediate camps. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 12/16: Rest at ABC and Pooja Ceremony

During these you'll settle at the base camp which will be your home for next few days. During these days you'll rest and hike around to acclimatize your body. Also this is a time for conducting final gear checks and inspecting equipment. Our Sherpas guides/HA Sherpas will be establishing camps higher on the mountain in preparation for our climb rotations. Tibetan locals and our Sherpa guides have a strong spiritual relationship with the mountains, so in respect and to honor Cho Oyu, a local lama will perform a puja to wish us success and safety. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 16 - 24: Rotations to Camp I (6400m) and Camp II (7000m)

During these days, you'll start to begin your first forays on the mountain with a series of climbs: half way to Camp I, then to Camp II. Between climbs you will return to base camp to rest or we will sleep at the higher camps to continue improving your acclimatization physiology. The route between ABC and Camp I is a steep climb from the terminal moraine of the glacier, then up on the moraine to a snow shoulder. The next section, Camp I to II, is the hardest on the mountain. We will follow the snow ridge to ice cliffs and climb up a steep 50m ice cliff at 6600m. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 25 - 26: Rest at Advance Base Camp

After some practice and acclimatize in higher camps, now you'll rest at advance for 2 days. It is important to rest at a lower altitude before your final push to Camp III and the summit of Mount Cho Oyu. This allows your muscles to recover with higher oxygen levels and improved nutrition from the base camp kitchen. Also relax your mind; climbing a mountain is both a physical and mental challenge. Take this time to reset your mind to prepare you for the mental challenges ahead above 8000m. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 27 - 33: Climb to Camp III (7400m) and Summit Cho Oyu (8201m)

After several climbs to Camp I, Camp II and acclimatize these camps, depending on weather and participants' fitness, you'll attempt summit during these days. When the conditions are right you will start moving towards higher camps such as sleeping at Camp I and II before finally pushing up to Camp III. Camp III is located just below a rock band a short distance from Camp II, the route to Camp III is relatively straight forward. However, with increasing altitude each step is an effort. Camp III overlooks the Tibetan plateau to the north and the peaks of Nepal to the south. Summit day starts early climbing first up the rock band and then the summit's back slopes. You'll climb up the 40 degree slope to the summit, when conditions are good, the last stage climb can take 2 hr to reach summit glory! From the top, you'll view a wonderful vista including Everest, Lhotse, Nuptse, Amadablam and Gaurishankar. On your descent we will drop back to Camp III for the night, and then Camp 1 before reaching base camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 34: Clean up and Close camp at Advance Base camp

After successful summit, today we shall clean and close camps we had in advance base camp and prepare for the descent.

Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 35: Trek: Advance Base camp - Cho Oyu Base Camp

From Advance Base Camp, you'll trek to Cho Oyu Base Camp . Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 36: Drove: Cho Oyu Base Camp - Tingri

From Cho Oyu Base Camp, you'll drive to Tingri. Overnight at Guest House

Included Meal: Breakfast, Lunch and Dinner

Day 37: Drive: Tingri - Kerung

Today you'll drive to Kerung. Overnight at Guest House

Included Meal: Breakfast, Lunch and Dinner

Day 38: Drive: Kerung-Rasuwa Gadi Border and drive to Kathmandu

After breakfast at Kerung, you'll drive to Rasuwa Gadi Border. You'll cross the border through immigration and drive to Kathmandu. Overnight at Hotel Vaishali***.

Included Meal: Breakfast & Lunch

Day 39: Kathmandu Free Day

Today you'll have fully free day in Kathmandu. You can relax at hotel or visit around Kathmandu, do shopping etc. IN the evening Sherpa Shepherds will organize a farewell dinner at typical Nepali restaurant with cultural performances. Overnight at Hotel Vaishali***.

Included Meal: Breakfast & Dinner

Day 40: Kathmandu - Home

Depending your flight time, Sherpa Shepherds will drop to you airport.

Included Meal: Breakfast

TRIP PRICES

Above trip cost is per person and twin sharing basis. The trip cost is for joining basis. Mini-mum participant to run this trip is 5 person. If no. of participants in this trip is less than 5 persons, Sherpa Shepherds reserves right to cancel or postpone the trip. However if you would like to continue trip even if we do not reach minimum number to run this trip, we can run this trip upon your request. But supplemental charge will be applicable.

WHAT'S INCLUDED

Semi Services

Ground Transfers:

- All airport/hotel/airport transfers as per program by private A/C vehicles
- Required ground transfer in Tibet as per program by minivan and mini truck for baggage
- Kathmandu-Border (Kodari or Rasuwa Gadi) by private vehicle
- Border (Kodari or Rasuwa Gadi) - Kathmandu by private vehicle

Baggage Weight:

- 60 kg per person baggage including personal baggage

Accommodations & meals:

- 6 nights in Kathmandu at Hotel Vaishali or similar**** with bed & breakfast on twin sharing basis
- 6 nights at guest houses as per above program with full board (breakfast, Lunch and Dinner) on twin sharing basis
- 27 nights in tented camps at base camps with full board (breakfast, Lunch and Dinner) on single tent basis
- Farewell dinner at Bhojan Griha with typical Nepalese foods and cultural dances

Permits & Fees:

- Tibet Entry permit
- Fees for Liaison Officer, driver and interpreter, Yak driver
- Mount Cho Oyu Climbing Permit

Supporting Staffs:

- 1 Tibetan Interpreter/Guide
- 1 Nepali Base Camp Cook
- Required Kitchen helpers
- Required Yaks for Cho Oyu CBC- Advance Base Camp for camping equipments, food and personal baggage
- Required Yaks for Advance Base Camp – Cho Oyu CBC for camping equipments, food and personal baggage

Advance BC Equipments:

- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent, store tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system
- Comprehensive First Aid Kit
- Gas Heater (for dinning tent only)

Full Services

Ground Transfers:

- All airport/hotel/airport transfers as per program by private A/C vehicles

- Required ground transfer in Tibet as per program by minivan and mini truck for baggage
- Kathmandu-Border (Kodari or Rasuwa Gadi) by private vehicle
- Border (Kodari or Rasuwa Gadi) - Kathmandu by private vehicle

Baggage Weight:

- 60 kg per person baggage including personal baggage

Accommodations & meals:

- 6 nights in Kathmandu at Hotel Vaishali or similar**** with bed & breakfast on twin sharing basis
- 6 nights at guest houses as per above program with full board (breakfast, Lunch and Dinner) on twin sharing basis
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- Required Yaks for Advance Base Camp – Cho Oyu CBC for camping equipments, food and personal baggage

BC Equipments:

- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent, store tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system
- Comprehensive First Aid Kit
- Gas Heater (for dinning tent only)

Supporting Staffs (Above BC, in the mountain)

- 1 High Altitude Sherpa for every 2 members including their Daily wages, insurance, food and equipment allowance etc.

Mountain Equipments:

- High Tents for both member and HA Sherpas
- High Altitude Food for members and Sherpas
- Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
- 3 bottles oxygen for every member and 2 bottles oxygen for every HA Sherpa
- One set of mask & regulator for every members and sherpas
- 1 Satellite Phone, Walki-talkie
- Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and sherpas

WHAT' S NOT INCLUDED

- Personal climbing gears
- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Insurance: Travel/Accident/Medical / emergency evacuation
- International airfare and taxes
- Nepal Visa fees
- Tibet Visa Fee USD 114 per person
- Lunch and dinner in Kathmandu
- Additional High Altitude Sherpa USD 7250 per sherpa
- Sherpa Summit Bonus USD 1000 & Non Summit Bonus USD 700 Per Sherpa
- Carrying bonus USD 950 per Sherpa
- Extra Yak USD 320 Per Yak, which can be paid at Base Camp (if personal baggage is more than 60 kg per person)
- International Air Cargo Tax Fee USD 100 Per member
- Tips for staff
- All extra services if required (except motioned in 'The Price Include' section)

TRIP NOTES

Insurance

It is mandatory to have good travel insurance or emergency evacuation insurance which will cover evacuation by any means of transportation from high altitude.

It is also highly recommended that all member have cancellation insurance in case of an accident prior to departure, or if the trip is cancelled due to unforeseen circumstances.

Fitness & Experiences

For personal safety and success, excellent physical conditions are required. Prior to the trek we suggest physical activities such as running, swimming and cycling combined with climbs to smaller peaks which includes climbs that involves travel on crampons under all sorts of conditions. Be sure you are comfortable with extreme exposure and steep drop offs for long periods of time and capable of carrying heavy pack of an average of 30lbs. include plenty of technical rock and ice climbing experiences, so you are fairly comfortable following on alpine rock route. Be acquainted with jumars, ascenders, crampons, all your gear, and knot .We will review each climber's bio on an individual basis to help develop climbers interested in attempting Mount Everest.

Food

The more food you eat at altitude the better you'll perform. Considering the loss of appetite on higher altitude, Sherpa Shepherds guide will help you to choose food items that have quality and easiest to digest at higher-altitude during the trekking and accommodation in the lodges. However at base camp, our expedition cook will be set best menu. We suggest you to bring your own food if you so desire such as chocolate bars, dry foods etc. We cater to different dietary requirements and full vegetarian menus can be provided on request.

Accommodation

In Kathmandu you will stay at star deluxe hotels and while you're on trek your accommodation will be in local lodges/guest houses. At base camp, your accommodation will be in tented camps. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. All accommodation is arranged on a twin sharing basis during the trekking and local lodges won't be off course as like in hotels in Kathmandu.

Emergency Rescue

In case of any high altitude sickness problems normally as a primary precaution first it is advised to come down immediately to lower altitude for some rest and in the worse condition you have to further come down either by helicopter or by land transport.

Weather Forecast

For the climbing weather report we advise you to use from Meteo Swiss or from Austria or we can help you to get in contact with them. For the prompt weather Forecast send to you by SMS or email or on phone to prepare your summit attempt.

Recommended Personal Gears

1. Down suits (dangri)- 1 pc
2. Summit shoe- 1 pair
3. Walking shoe-1 pair
4. Crampon- 1 pair
5. Summit Glove- 1 pair
6. Normal gloves- 2 pairs
7. Summit Snow goggles- 1 pc
8. Glacier glasses- 1 pc
9. Ice axe- 1 pc
10. Harness- 1 pc
11. Jumer- 1 pc
12. Carabiners (normal)- 3 pcs
13. Sleeping bag (-40C)- 1 pc
14. Down filled Mattress- 1 pc
15. Summit socks- 2 pairs
16. Normal socks- 3 pairs
17. Climbing bag (40 ltr)- 1 pc
18. Helmet- 1 pc
19. Down jacket- 1 pc
20. Down trouser-1 pc
21. 8 finger /descender- 1 pc
22. Headlamp- 1 pc
23. Gore-tex jacket- 1 pc
24. Gore-tex trouser- 1 pc
25. Fleece jacket-1 pc
26. Fleece trouser- 1 pc
27. Fleece liner gloves- 3 pairs
28. Screw Gate Carabiner- 1 pc
29. Windstopper- 1 pc
30. Thermos bottle- 1pc
31. Base layer (woolen)- 2 sets
32. Water bottle normal- 1 pc

Need any expert advice?

If you would like talk to expert to discuss any aspects of climbing and other queries, please meet or talk to our experts. We can be reached by:

E-mail: info@sherpashepherds.com

Mobile: +977 9841027075 (available on Whatsapp & Viber)

Skype: live:info_813995

BOOKING TERMS

"Please kindly read these TERMS AND CONDITIONS before booking your trips. Participation in our trips indicates that you accept these terms and conditions. You must carefully read the following Terms & conditions of contract and waiver of liability details Booking Procedure. Read detail terms and conditions at <https://sherpashepherds.com/booking-conditions/>

WHY SHERPA SHEPHERDS?

Sherpa Shepherds has wealth of experiences in the mountains and the team of world renowned climbers who have set records of climbing including at Guinness Book of World Records. We offer unique and specialized peak climbing/expeditions in the Himalayas by using our extensive knowledge, experience and climbing skills.

1. **Trend Setter of Smart Mountaineering:** We are the leader and initiator of 'Smart Mountaineering' in Nepal and we have synchronized the latest technologies and our wealth of experiences to ensure safe and quality mountaineering in the Himalaya. Sherpa Shepherds is one and only expedition operator in Nepal which adopts smart mountaineering while we are leading our clients to the top of the mountains.
1. **Initiator of Responsible Adventure:** We are the trendsetter of 'Responsible Adventure' in Nepalese tourism industry. Sherpa Shepherds have launched mountaineering for social cause for the first time ever in Nepal. Through this responsible adventure/mountaineering, Sherpa Shepherds has been able to bring visually impaired person to Mount Everest, First Tamang and First Gurung female to Mount Everest, oldest person to Mount Everest, physically disabled person to Mount Everest, climbed Mount Everest to raise voice against human trafficking and gender inequality, climbed to alert about Global Warming, Women Empowerment and many more.
1. **3. The Company Run by Sherpa Climbers:** Believe or not, Sherpas were always leader in the Himalayas. While we talk about mountaineering or climbing of giant 8000 meter peaks, we never miss Sherpa.

Sherpa people or Sherpa climber have historic achievement in mountaineering sector. Mountaineering started in 1953 with Tenzing Norgay Sherpa and Sherpa became the leader in any expeditions in the Himalaya. The fact is Sherpa people are born, grown up in the mountains. That's why Sherpa people do not face any problem of high altitude sickness.

4. Team of World Record Holding Climbers:

We are the team of 'World Record Holding Climbers' renowned and recognized by Guinness Book of World Records'. Most of the owners and climbers of Sherpa Shepherds are world record holders in mountaineering.



**SHERPA
SHEPHERDS**

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