

# Mount Cho Oyu Expedition Tibet

## Quick Facts

<b>Duration:</b>	32
<b>Max Altitude:</b>	8188
<b>Best Season:</b>	Sept - Nov & March - May
<b>Group Size:</b>	25
<b>Accommodation:</b>	Tea House and Tent
<b>Route:</b>	Kathmandu to Kathmandu
<b>Difficulty:</b>	Challenging

## Trip Overview

Mount Cho Oyu, the world's 6th highest peak at 8,188 meters (26,864 ft), straddles the Nepal-Tibet border and is famously called the "Turquoise Goddess." Known as one of the easiest 8000-meter peaks to climb, it offers aspiring mountaineers a chance to experience high-altitude adventure without extreme technical difficulty.

The peak is known for its graceful glistening peaks due to which it is also called as the Turquoise Goddess in Tibetan. Although it is the world's 6<sup>th</sup> highest it's still known for its easy and approachable climbing mountain which can be the dream of many climbers.

Summit 8000 provides you a golden opportunity to climb this peak if you are a mountain climber and want to climb the peak above 8000 meters but is afraid of the technical difficulty to climb the peaks such as the Mount Everest, Mount Annapurna or any other peaks.

The peak is located between the border of the Nepal and Tibet and be climbed from the both countries. It's the more accessible high altitude climb which gives the perfect views of the Everest, Lhotse, and other Himalayan giants from its summit.

Its glaciers are extensive but relatively gentle and the routes leading to its summit top is Himalayan serenity, where you will witness golden sunrises over jagged peaks, encounter unique alpine wildlife, and engage with the welcoming local culture.



The mountain's appeal lies in its combination of stunning beauty, high-altitude adventure, and achievable summit for experienced trekkers and mountaineers alike.

## Highlights of Cho Oyu Expeditions

Summit the world's 6<sup>th</sup> highest mountain in Nepal

Witness the Turquoise Goddess along with the ice and snow with the photogenic landscapes

- Climb the easiest above 8000 meters mountains and make your dream come true
- Walk via the picturesque valleys, Sherpa villages, and pristine glaciers
- Witness the uninterrupted vistas of Everest, Lhotse, Makalu, and other majestic peaks

Experience the traditional Sherpa settlements, monasteries, and prayer-filled landscapes, blending adventure with local culture.

## Cho Oyu Climbing peak route

Cho Oyu Climbing peak route starts from the Nepal side which is fly from the Kathmandu TO Lukla and from there to the Nyalam village in Khumbu region. From the Nyalam village you hike to the base camp at an altitude of the 5,700 meters.

Following the series you will climb to the Camp - I at an altitude of 6400 meters and from there to the camp - II at an altitude of 7000 meters and from the Camp II you will have a rapid ascend to the summit at 8818 meters.

The base camps are located over the glacial slopes and ridge from where you can acclimatize and climb gradually to the extreme altitude reducing the risk of the high-altitude sickness.

The climb is not technically difficult and but its challenging as it's the peak above 8000 meters. You will be walking on the long stretches of the snow and ice from where you will navigate gently through sloping glaciers, minor crevasses, and some steep sections near the summit ridge. Fixed ropes are often used in the final stretch.

## Summit-Focused Climbing Experience

The Cho Oyu peak is a summit focused climbing experience which teaches you how to build the endurance, makes you understand the mountains, and connects you with the Himalayan environment.

This high-altitude journey also tests your spirit, resilience, hard work, patience, and your mental and physical abilities. The summit is designed by us in such a way which makes you comfortable while climbing the peak and every day you spend in the mountains will bring you some challenges and rewards.

You will be crossing the frozen rivers, glaciers moraines, climb the rocks and learn how to use the crampons, ice axes, and many more.



The summit periods start, from the most intense and the memorable phase of the climbing periods where the air is thin, every step you take demands your carefulness and your ability to use your energy when required.

It will also give you a thrill to reach the roof of the world while soaking in the mountain's beauty, and celebrate the hard-earned achievement.

## Safety and Preparation First for the Cho Oyu Climbing

Summit 8000 is among one of the leading and oldest agencies who provides the mountain climbing experience for the trekkers who wants to explore the peak and return back safely due to our safety and preparations norms.

Climbing this peak is extra ordinary adventure but it also demands the careful preparations and the commitment to safety. The peak is above 8000 meters and its easiest compared to any other climbing peaks at this altitude.

During the climbing periods you will face the extreme cold, unpredictable weather, high-altitude risks, and glacial terrain that require you to be physically fit, mentally resilient, and well-equipped to handle all this.

To overcome these kinds of problems we have carefully planned this itinerary keeping in mind for the acclimatization, providing the healthy and careful meals, by giving you training on how to use the gears and equipment.

You will learn how to use the crampons, ice climbing, use of ropes, ice arrest, and movement on the ice and snow.

In case of any kinds of emergency, we will make sure you get back to your home safely due to which we will keep an emergency evacuations helicopter on the back up during the summit. Also, our sherpa guides who are excellent in their work will help you to overcome any kinds of the minor health issues and support you throughout the climb.

With Summit 8000, every aspect of the expedition is designed to ensure that your journey is not only thrilling but also safe, well-prepared, and unforgettable.

## Detailed Itinerary

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### Day 1: Arrival in Kathmandu Valley

Namaste and we welcome you to the land of the Sherpas Nepal. You will be arriving at the Tribhuvan International airport for your Cho Oyu mountain expeditions. One of our team mates will be waiting for you at the airport arrival sections and upon arriving you will drive to the hotel in Thamel and rest.

Accommodation: 3 star Hotel

Meals: Welcome Dinner

### Day 2: Preparations and Sightseeing

You will have a leisure day for yourself so that you can prepare your packing lists obtain your permits and be prepared for your upcoming summit. Our guide will give you the check list for the gears and equipment. You can obtain those from any of the shops in Thamel and your Tibet Visa will be also processed on the same day so that you



can enter the Tibet without any difficulties.

Accommodation: 3 star Hotel

Meals: B, L, & D

### **Day 3: Drive from Kathmandu to Timure**

Early morning drive to Timure which from Kathmandu to Timure which is a small village in located near the Nepal Tibet border. The distance between this place is around 130 kilo meters which can be reached in the 5 to 7 hours as there are many off roads leading to this village. You will via many beautiful villages along side the way while enjoying the lush green dense forests and beautiful peaks

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 4: Cross Border into Tibet & Drive to Kerung**

You will cross the border of Nepal- Tibet and enter inside the Tibet region. You will need to show the passport and the visas to the security force. After that we will take another vehicle inside the Tibet and then drive to the Kerung. The distance between Tibet border to Kerung is around the 250 kilo meters via the beautiful alpine landscapes which will take you around 7 to 9 hours drive. Upon reaching the Kerung rest and enjoy the delicious Tibetan delicacy.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 5: Drive from Kerung to Old Tingri**

You will again have a morning drive to Tingri at an altitude of the 4300 meters. The distance between these places is around 270 kilo meters which can be reached in the 8 to 10 hours time. You will see the beautiful landscapes of the alpine valley which will take you to your destinations. On the way you will stop of the scenic photographs and enjoy your journey.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 6: Acclimatization and Preparation in Old Tingri**

Today is reserved for acclimatization to help your body adjust to the high altitude before heading deeper into the Tibetan plateau. You will spend the day resting, doing short walks around Old Tingri, and enjoying panoramic views of Everest, Cho Oyu, and other Himalayan giants. Our climbing guide will conduct a detailed briefing about the upcoming days, safety measures, and altitude awareness. Final equipment checks will be done to ensure everything is in order for the expedition ahead. Overnight stay at a lodge in Old Tingri.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 7: Drive from Old Tingri to Thingri**



After breakfast, you will drive towards Thingri, a small Tibetan town that serves as an important acclimatization stop for Cho Oyu expeditions. The drive takes you through vast open landscapes, traditional Tibetan villages, and dramatic high-altitude scenery. Upon arrival, you will check into a local lodge, rest, and prepare for the journey toward the Cho Oyu Basecamp region.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 8: Acclimatization and Preparation Day in Thingri**

This day is dedicated to further acclimatization and preparation. You will take short acclimatization walks around Thingri, helping your body adapt to the increasing altitude. Your climbing Sherpa and expedition leader will review climbing techniques, rope handling, use of oxygen systems, and emergency protocols. This is also a great day to mentally prepare while enjoying the peaceful Tibetan highlands. Overnight at a lodge.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 9: Drive from Thingri to Cho Oyu Chinese Basecamp via Rombuk Monastery**

After an early breakfast, you will drive toward the Cho Oyu Chinese Basecamp. En route, you will visit the historic Rombuk Monastery, one of the highest monasteries in the world, offering spiritual insight and stunning mountain views. Continuing the drive across rugged terrain, you will finally reach the Chinese Basecamp of Cho Oyu at 5,100 meters. Upon arrival, the expedition team will set up tents, and you will rest and acclimatize. Overnight stay in tents.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 10: Rest and Acclimatization Day at Cho Oyu Chinese Basecamp**

Today is another important acclimatization day at the Chinese Basecamp. You will spend the day resting, hydrating, and taking short walks around the camp. The team will organize climbing gear, loads, and food supplies for higher camps. Your guide will closely monitor your health and oxygen levels. Overnight stay in tents at Basecamp.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 11: Trek from Cho Oyu Chinese Basecamp to Intermediate Camp**

After breakfast, you will begin trekking toward the Intermediate Camp. The trail gradually ascends over rocky moraines and glacial terrain, offering spectacular views of Cho Oyu's north face. This short but significant ascent helps your body continue acclimatizing. Upon reaching Intermediate Camp, tents will be set up, and you will rest for the remainder of the day. Overnight in tents.

Accommodation: Tent

Meals: B, L, & D



### **Day 12: Ascent from Intermediate Camp to Advanced Basecamp**

Today you will trek further up to the Advanced Basecamp. The route follows the glacier, with steady elevation gain and breathtaking views of surrounding peaks. Advanced Basecamp is strategically located closer to the climbing route and will be your main staging point for rotations and summit attempts. After arrival, you will rest, rehydrate, and prepare for the upcoming acclimatization rotations. Overnight stay in tents.

Accommodation: Tent

Meals: B, L, & D

### **Day 13 to 20: Acclimatization Rotations on Cho Oyu**

These days are dedicated to crucial acclimatization rotations, which significantly increase your chances of a successful and safe summit. **First Rotation** You will climb from Advanced Basecamp to Camp I, then continue to touch Camp II before descending and sleeping at Camp I. The following day, you will descend back to Advanced Basecamp. **Second Rotation** You will again climb from Advanced Basecamp to Camp I, then continue to Camp II, where you will spend a night. After proper acclimatization, you will descend back to Advanced Basecamp for rest and recovery. These rotations help your body adapt to extreme altitude while familiarizing you with the route, terrain, and conditions. Full board accommodation will be provided at high camps.

Accommodation: Tent

Meals: B, L, & D

### **Day 21 to 26: Summit Push and Climbing Period**

This is the main climbing phase of the expedition. Weather conditions will be carefully monitored to choose the safest summit window. You will climb from Advanced Basecamp to Camp I, then to Camp II. From Camp II, you will make your summit attempt of Cho Oyu (8,188 m), one of the world's highest and most achievable 8,000-meter peaks. After reaching the summit and celebrating your achievement, you will descend safely back to Camp II or directly to Advanced Basecamp depending on conditions and strength. These days require patience, determination, and teamwork. Full board will be provided at all high camps.

Accommodation: Tent

Meals: B, L, & D

### **Day 27: Trek from Advanced Basecamp to Chinese Basecamp**

After completing the summit phase, you will trek down from Advanced Basecamp to the Chinese Basecamp. The descent is easier and allows you to reflect on your incredible achievement. Upon arrival, you will enjoy a well-earned rest and a comfortable lodge stay.

Accommodation: Tent

Meals: B, L, & D

### **Day 28: Drive from Chinese Basecamp to Thingri**



Today you will drive back to Thingri, retracing the scenic route across the Tibetan plateau. The lower altitude will feel refreshing, and you can relax after the intense climbing days. Overnight stay at a lodge.

Accommodation: Tent

Meals: B, L, & D

### **Day 29: Drive from Thingri to Kerung Border**

After breakfast, you will drive toward the Kerung border. The journey offers sweeping views of mountains, wide valleys, and traditional Tibetan settlements. Upon arrival near the border, you will rest overnight at a lodge.

Accommodation: Tent

Meals: B, L, & D

### **Day 30: Cross the Border and Drive to Kathmandu**

You will cross the Tibet-Nepal border after completing immigration formalities. Once back in Nepal, you will continue the drive to Kathmandu. Upon arrival, you will check into your hotel and enjoy a well-deserved rest after your expedition adventure.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 31: Leisure Day in Kathmandu**

This is a free day in Kathmandu to relax, explore the city, do souvenir shopping, or enjoy a farewell dinner with your expedition team. You can also visit cultural sites or simply unwind after the long journey. Overnight stay at a hotel.

Accommodation: Tourist Standard Hotel

Meals: B, L, & D

### **Day 32: Transfer to the International Airport for Final Departure**

According to your flight schedule, our representative will transfer you to Tribhuvan International Airport for your final departure. With unforgettable memories of climbing Cho Oyu, we bid you farewell and wish you a safe journey home.

Accommodation:

Meals: Breakfast

## **Gears Lists**

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### **Head & Sun Protection**

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- Mountaineering helmet
- Sun hat or wide-brim hat



- Balaclava or neck gaiter
- UV protection sunglasses (category 4 for high altitude)
- Glacier goggles
- Lip balm with SPF

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## Upper Body Layers

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- Moisture-wicking base layers (thermal tops, synthetic or merino)
- Insulating mid-layers (fleece jackets or down sweaters)
- Down expedition jacket (heavyweight, 800+ fill recommended)
- Waterproof & windproof shell jacket (Gore-Tex or similar)
- Lightweight trekking shirts (for lower altitudes)

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## Lower Body Layers

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- Moisture-wicking base layer leggings
- Insulating mid-layer pants (fleece or synthetic)
- Waterproof & windproof mountaineering pants
- Lightweight trekking pants
- Gaiters (for snow and glacier protection)

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## Footwear & Accessories

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- Mountaineering boots (double boots suitable for high altitude)
- Trekking shoes (for lower altitude approaches)
- Warm expedition socks (wool or synthetic)
- Liner socks (optional for blister prevention)
- Crampons compatible with your boots
- Snowshoes (optional, depending on conditions)
- Gloves: liner gloves, insulated gloves, and waterproof shell gloves
- Mittens for extreme cold



## Climbing Equipment

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- Ice axe
- Harness
- Carabiners (locking & non-locking)
- Prusik cords & slings
- Ascenders (jumar)
- Climbing helmet
- Rope (if not provided by expedition)

## Personal & Medical Kits

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- Personal medications (altitude meds like Diamox if prescribed)
- First aid kit (bandages, antiseptic, blister care, painkillers)
- Sunscreen (high SPF)
- Hand warmers & foot warmers
- Personal hygiene items (toothbrush, wet wipes, small towel)

## Travel Documents & Essentials

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- Passport & Tibet travel permit
- Expedition insurance documents
- Flight tickets
- Cash & credit card
- Emergency contact list

## Miscellaneous

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- Sleeping bag (rated for  $-30^{\circ}\text{C}$  to  $-40^{\circ}\text{C}$ )
- Sleeping mat (insulated)
- Backpack (35-45L for daily trek, 70-80L expedition pack)
- Dry sacks / waterproof bags
- Headlamp + extra batteries
- Trekking poles



- Camera / GoPro
- Snacks / energy bars
- Water bottles & insulated flask

## Cost Includes

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1. Welcome assistance at Kathmandu Tribhuvan International Airport upon arrival
2. All ground transportation as per the itinerary
3. Border crossing assistance and related transportation services
4. All required permits and fees for Cho Oyu expedition, including (Climbing permit, Liaison officer permit, Chinese border permits, National Park fees (where applicable))
5. 3 nights standard hotel accommodation in Kathmandu on arrival, pre-departure, and leisure day.
6. Breakfast, Lunch & Dinner in Kathmandu hotels.
7. Breakfast, Lunch & Dinner in Tibetan lodges (Thingri, Tingri, Kerung).
8. All meals at Basecamp and high camps throughout expedition (fresh, high-altitude catering).
9. Highly experienced international expedition leader and Sherpa climbing team.
10. High altitude guides and support staff for rotations and summit push
11. Basecamp staff, including cooks and helpers
12. Oxygen support during summit push (as per group plan; included amount specified in detailed plan).
13. Group climbing gear (fixed ropes, ladders, carabiners, rope fixing charges).
14. Communication support between basecamp and high camps
15. Expedition standard tents at basecamp & high camps.
16. Dining tent and kitchen setup at Basecamp.
17. Sleeping pad (foam/air mattress) in tents.
18. Group equipment (tables, chairs, cooking equipment, utensils).
19. Climbing rope fixing equipment for Cho Oyu routes
20. Comprehensive expedition medical kit and emergency oxygen at Basecamp
21. Regular health monitoring by expedition leaders.
22. Evacuation coordination support (helicopter evacuation cost not included unless specified).
23. All expedition related government permits on both Nepal and Tibet sides.
24. Visa assistance for Tibet entry (processing support in Kathmandu)
25. Guided visit to Rombuk Monastery en route to Cho Oyu Basecamp.

## Cost Excludes

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1. International airfare to and from Kathmandu.
2. Nepal visa fee and any visa extension charges.
3. Travel, medical, and high-altitude rescue insurance (mandatory for all climbers).
4. Helicopter evacuation costs in case of emergency (unless covered by insurance).
5. Personal technical equipment rental or purchase.
6. Personal trekking and climbing accessories.
7. Additional supplemental oxygen bottles beyond the standard included amount.
8. Personal Sherpa or one-to-one climbing guide (if not included in the chosen package).



- 9.** Extra rope fixing charges beyond the group allocation.
- 10.** Lunches and dinners in Kathmandu not mentioned in the itinerary.
- 11.** Extra hotel nights in Kathmandu or Tibet due to early arrival, late departure, or itinerary changes.
- 12.** Meals and accommodation due to flight delays, weather conditions, or personal reasons.

