



MT. CHO OYU EXPEDITION [8188 M.]

Cho Oyu, which translates as “Turquoise Goddess” in Tibetan, straddles the border between Nepal and Tibet at the Western edge of the mountainous Khumbu region, around 20km from Everest.

TRIP FACTS:

| | | |
|-------------------------------|------------------------------------|---------------------------|
| PEAK NAME MT. CHO OYU | SERVICE FULL BOARD (1:1 SHERPA) | COUNTRY CHINA (TIBET) |
| DURATION 45 DAYS | ROUTE NW FACE / NORTHERN RIDGE | GRADE DIFFICULT |
| RANGE KHUMBU HIMAL | BEST SEASON AUTUMN/SPRING | MAX ELEVATION 8,188 M. |
| WALKING PER DAY 4-5 HOURS | NATURE HOTEL + LODGE + TENT | GROUP SIZE 2-15 PAX |
| ARRIVAL IN KTM 07 SEP 2023 | DEPARTURE TO KERUNG 11 SEP 2023 | TRIP ENDS 21 OCT 2023 |



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Cho Oyu (8188m) is the sixth-highest mountain in the world, located at a short distance to the west of Everest in the Khumbu region of Eastern Nepal along the Tibetan border.

There are no really technical sections and the objective dangers are close to non-existent. Its relatively easy access makes it an attractive climb for someone with limited time, as it can be attempted in roughly 6 weeks round trip. Base Camp is accessible by jeep and it is possible to reach Kathmandu in a very long day from Base Camp.

Because of its ease of access, ABC is often crowded with a large number of expeditions. Just west of Cho Oyu is the Nangpa La, the old trade route between the Khumbu Sherpas and Tibet.

It was the third such peak climbed, and the first climbed by a light expedition in autumn. Herbert Tichy, Joseph Jöchler, and Sherpa Pasang Dawa Lama of an Austrian expedition first climbed the mountain on October 19, 1954, via the northwest ridge.

" We await to serve you our service and share our experience with you "



HIGHLIGHTS OF THE TRIP:

- 07 September 2023 - 21 October 2023
 - 6th Highest Mountain in the World
 - 1 Climber: 1 Sherpa Guide
 - 3 Bottles of Oxygen
 - Full Board / Basecamp Service
 - Challenging Mountain
 - Stunning views from the Summit
 - Experience the unique culture of the region
 - Explore the diverse Flora & Fauna
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WHY CLIMB MT. CHO-OYU WITH SEVEN SUMMIT TREKS?

- Highly qualified, professional, friendly, and experienced climbing Sherpa guide, Kitchen staff, and Basecamp Manager.
 - Well-equipped with climbing equipment and logistic support for base camp and higher camps.
 - Safety is a top priority for us, and we take every step to minimize risks and ensure the well-being of our clients.
 - We offer a variety of itineraries to suit different abilities and interests, so you can choose the option that best meets your needs.
 - Hi-tech in weather forecast and communication
 - 1 climbing Sherpa to each member
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ITINERARY:

| DAYS | ITINERARY | DATE | MEALS | BOARD |
|-------|---|-----------------|------------|-----------|
| 1 | Arrival in Kathmandu & Transfer to the Hotel (1,400m) | 07 Sep | X | Hotel |
| 2 | Rest day in Kathmandu: Tibet Visa Preparation Rest day in Kathmandu: Tibet Visa Preparation | 08 Sep | BB | Hotel |
| 3 | Apply for Tibet Visa and Expedition Briefing | 09 Sep | BB | Hotel |
| 4 | Rest in Kathmandu | 10 Sep | B/D | Hotel |
| 5 | Drive from Kathmandu to Timure | 11 Sep | B/L/D | Lodge |
| 6 | Cross the border of Nepal and Drive to Kerung (1962m) | 12 Sep | B/L/D | Lodge |
| 7 | Drive from Kerung to Thingri (4,300m) | 13 Sep | B/L/D | Lodge |
| 8 | Acclimatization and Preparation Day in Thingri | 14 Sep | B/L/D | Lodge |
| 9 | Drive from Thingri to Cho Oyu Chinese Basecamp (5,100m) via Rombuk Monastery | 15 Sep | B/L/D | Tent |
| 10-12 | 2 More Nights rest in Cho Oyu Chinese Basecamp | 16 - 18 Sep | B/L/D | Tent |
| 13 | Trek from Cho-Oyu Chinese Basecamp to Intermediate Camp (5,400m) | 19 Sep | B/L/D | Tent |
| 14 | Ascent from Intermediate Camp to Advanced Basecamp (5,700m) | 20 Sep | B/L/D | Tent |
| 15-25 | Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp] | 21 Sep – 01 Oct | Full Board | High Camp |
| 26-39 | Climbing Period [Adv. Basecamp – Cho Oyu Summit (8,188m) - Adv. Basecamp] | 02 - 15 Oct | Full Board | High Camp |
| 40 | Trek from Adv. Basecamp to Chinese Basecamp | 16 Oct | B/L/D | Lodge |
| 41 | Drive from Chinese Basecamp to Thingri | 17 Oct | B/L/D | Lodge |
| 42 | Drive from Thingri to Kerung Border | 18 Oct | B/L/D | Lodge |
| 43 | Cross the border and Drive to Kathmandu | 19 Oct | B/L | Hotel |
| 44 | Leisure Day in Kathmandu | 20 Oct | B | Hotel |
| 45 | Transfer to International Airport for final departure | 21 Oct | Breakfast | |

B= Breakfast, L= Lunch, and D=Dinner.

COST INCLUDES [FULL BOARD SERVICE]:

1. **Arrival and Departure:** Kathmandu Airport - Hotel transfers – Kathmandu Airport (Pick Up and Drop) by private vehicle.
2. **Hotel Accommodation in Kathmandu:** 6 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
3. **Welcome Dinner:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
4. **Cargo Clearance:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
5. **Permit:** Expedition Royalty and a permit fee of the Chinese Government (CMA / TMA) to climb Mt. Cho Oyu, Restricted are permit and fee.
6. **Liaison Officer:** 1 Government Liaison officer in Tibet with full equipment, salary, and accommodation.
7. **Garbage Management:** Garbage Deposit fees.
8. **Rubbish Collection Fee:** \$1000 USD Per Climber standard rubbish collection fee.
9. **Insurance:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
10. **Map:** Trekking and climbing map.
11. **Duffle Bag:** One Seven Summit Treks' Duffel Bag.
12. **Tibet Visa:** Visa arrangement for Tibet including Visa fee.
13. **Member transportation:**
-**Land Transportation (Members/Staffs):** On a group basis: drive by Jeep from Kathmandu to Chinese Basecamp via Kerong Border. And while returning Drive by Jeep from the Chinese Basecamp to Kathmandu via Kerong Border. (In case, if a member has to return earlier than the team due to personal reasons, members have to pay their own transportation cost up to Kathmandu).
14. **Expedition Stuffs Transportation:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Chinese Basecamp (by Jeep/Truck) - Basecamp to Advance Basecamp (ABC) by Yak. – While returning: Advance Base camp (ABC) to Basecamp (by Yak), Chinese Basecamp to Kathmandu (by Jeep/Truck). Based on the condition, different transportation variants may adopt.
15. **Member Luggage:** Up to 60 Kg per member for personal baggage during the expedition period carried by Yaks. If luggage exceeds 60 KG then extra Yak will be required. (\$400 USD Per Yak and carry 50 KG).
16. **Food and Lodging:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tent during the trek and at the Basecamp. Well-managed base camp & ABC set up for members & Staff.
17. **Yaks:** Yaks for the transportation of member personal luggage (60 Kg maximum) and expeditions stuffs up to the base camp and from the base camp (both ways).
18. **Base Camp / Advance BC Staff:** Experienced and well-trained Base Camp / ABC Cook & Kitchen Helpers as required.
19. **Staff Salary and allowance:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
20. **Base Camp / ABC Tent:** Each member will have an individual tent in Chinese Basecamp & Advance Basecamp.



21. **Base Camp / ABC equipment:** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.
22. **Solar/Generator/Light:** 1 Solar panel and Generator for lights at base camp, FOR battery charges, laptop, and other electronic devices.
23. **Heater:** Heater at base camp in each Dining and other necessary camps.
24. **High Altitude Climbing Sherpa:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
25. **Assistance:** Climbing Sherpa to assist in carrying your gear to the high camps.
26. **Climbing Sherpa Salary & Allowance:** Climbing Sherpa Salary, Equipment, Food and Clothing.
27. **Oxygen Bottle (O2): Summit Oxygen cylinder:** 3 oxygen bottles (4 ltrs.) for each member and 1 oxygen bottle for each high-altitude Sherpa. **
28. **Oxygen Mask & Regulator:** 1 Set of Summit Oxygen masks & regulator for each member and high-altitude Sherpa. **
29. **Back Up:** Back up Oxygen Cylinder, mask, and regulator (SUBJECT TO A CHARGE).
30. **High Camp Service (Infrastructure and Logistics):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2), and (C3). Group climbing gears, fixed and dynamic rope during the climbing period as required.
31. **High Altitude Tent:** Members will share tents in high camps (2 members: 1 tent).
32. **Rope Fixing Team:** The team of experienced Sherpas (including personal Sherpa) will fix the route in Cho Oyu (no extra charge will be applied to members).
33. **Satellite Phone:** Satellite Phone for emergency communication carried by Sherpa, also available for members with appropriate charge.
34. **Walkie-Talkie:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
35. **Permit:** Walkie-talkie permit for all members and staff.
36. **Internet Service:** In per-order- Internet facility (Thuraya Satellite) will be available at the Basecamp & ABC (subject to a charge).
37. **Weather Forecast:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
38. **Medical Kit:** Comprehensive Medical kit for members and staff.
39. **Certificate:** Mt. Cho Oyu climbing certificate issued by CMA (after climbing Mt. Cho Oyu successfully)

**Note: All expedition stuff and equipment have to be returned after the expedition.



COST EXCLUDES:

1. **Air Fare:** International flight airfare (from and to Kathmandu).
2. **Nepal Entry Visa Fee:** Nepalese [Visa Fee](#) is \$125 USD for 90 Days. (Apply for Multiple Entry Visa).
3. **Lunch & Dinner:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **Extra Nights in Kathmandu:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **Insurance Policy:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **Personal Expenses:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
7. **Personal Climbing Equipment:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **Toiletries:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **Filming:** Special Filming, Camera, and Drone permit fee.
10. **Internet Service:** Not included during the trek and expedition.
11. **Summit Bonus:** Summit bonus for each climbing Sherpa- Minimum \$1500 USD.
12. **Tips:** Calculate some tips for basecamp and high camp staff – Minimum \$ 400 USD.
13. **Yaks:** Per yak, it's \$ 400 USD additional if the required luggage limit exceeds, a, (1 Yak can carry up to 50 KG).
14. **Extra:** Any other services or activities, which are not mentioned in the itinerary and not listed in the "Cost Includes" section.



ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WINDPROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 7000M

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35L - 50L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).

BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must disburse 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month after the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

| | |
|-------------------------------------|-------------------------------|
| Name of the Bank | : HIMALAYAN BANK LTD. |
| Beneficiary Account Holder's Name | : Seven Summit Treks Pvt. Ltd |
| Beneficiary Account Number (USD \$) | : 01902853840022 |
| Swift Code/BIC | : HIMANPKA |
| Address | : Thamel, Kathmandu, Nepal |



Mobile : +977 9851111187
Zip Code : 44600
Email : info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).

EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[Cho Oyu Expedition](#)

For all expedition inquiries and bookings

info@sevensummittreks.com

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