

## Cho Oyu 8201m

- **The sixth highest mountain in the world**
- **Excellent introduction to 8000m expeditions**
- **A spectacular location with a fantastic route to the summit**



### EXPEDITION OVERVIEW

**Adventure Peaks has had good success on previous Cho Oyu expeditions. In 2006 we put ten people on the summit.**

Cho Oyu is the sixth highest mountain in the world and, even though it is regarded as a technically straightforward 8000m peak, its altitude is a serious undertaking and requires careful preparation and a high level of fitness.

It is said that Cho Oyu means 'Goddess of Turquoise' as its stark shadows appear this colour in the light of the setting sun when viewed from Tibet. This mountain is a vast bulk of sweeping snow slopes and clean glaciated lines; a most noble and impressive first 8000m peak.

The elegant North West face of Cho Oyu brings us up fairly easy angled 30 degree snow slopes. There is one

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

steep serac barrier to negotiate at 6800m. Where necessary, fixed lines will be placed to aid us on steeper sections. Following our acclimatisation walks in Nylam and Tingri, we will arrive at the Chinese Base Camp where we begin our exciting preparations to move up to Base Camp at 5700m via an Intermediate Camp at around 5400m, to aid acclimatisation.

The expedition is a non-guided, professionally-led expedition. This means you will have a strong leader who has experience of climbing at high altitude together with the support of our experienced Sherpa team, thus increasing your chance of success. You should have suitable experience to enable you to be relatively self-sufficient and willing to move between camps unsupervised.

## ITINERARY

This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation. A number of rest days are programmed and these are an important part of our structured acclimatisation programme.

**KEY to inclusions (H-hotel, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)**

**Day 1:** International flights.

**Day 2:** Arrive Kathmandu, transfer to hotel in the famous bustling, Thamel district of Kathmandu. (H,B).

**Day 3:** Free day enjoying the bombardment of the senses that is Kathmandu. (H,B).

**Day 4:** We leave Kathmandu early in the morning for our approach drive to the Friendship Bridge at Zhangmu, our entry point into Tibet. Our Liaison Officer and Interpreter, who will remain with us for the duration of the expedition, will meet us here. It would be possible to drive directly to base camp at 4900 metres within two days. However this would be unwise, placing expedition members at a higher risk of the symptoms of altitude sickness. We prefer the more gradual approach that will allow us to move more directly up the mountain on arrival and provide the opportunity to see more of Tibet. Overnight will be spent in a Hotel in Zhangmu; sometimes it may be necessary to hire local porters to portage a blockage due to landslides! (H,B,L,D).

**Day 5-6:** Drive to Nyalam in four wheel drive land cruisers. The next two days will be spent on the surrounding hills taking gentle acclimatisation walks up to 4500 metres. Climbing high and sleeping low in this way is essential in the early parts of the expedition. (H,B,L,D).

**Day 7-8:** Drive to Tingri across the great Tibetan plateau and the famous Lalung La pass (5050m), a superb viewpoint festooned with Buddhist prayer flags. Depending on how people are feeling we may stay in Tingri one or two nights, as the acclimatisation walks can be completed from Tingri or Chinese Base Camp. (H,B,L,D).

**Day 9-11:** Drive to Chinese Base Camp 4900m with good views of Everest en route (Normally only 40 minutes from Tingri). Our liaison officer and interpreter will remain here for the duration of the expedition, occasionally visiting our base camp. If only one night was spent in Tingri, then we will take our acclimatisation walk from here, where we can reach a height of 5600m. We will also have one rest day before starting our trek to ABC. Our Yaks should arrive in the evening or early the next morning. (C,B,L,D).

**Day 12:** Today we start moving along with our Yaks to intermediate camp en-route towards the base of Cho Oyu. The walk to intermediate camp normally takes about four

hours, initially flat but slowly rising to 5150m just above the terminal moraine of the Gyabrag Glacier. (C,B,L,D).

**Day 13:** The rewards of our earlier acclimatisation gained during the approach walks should allow us to progress directly up to ABC today at 5700m. The walk takes about 7 hours.. (C,B,L,D).

**Day 14:** Rest day. (C,B,L,D).

**Day 15:** Acclimatisation walk to Lake Camp at 6000m. This day will allow the team to explore the route out across the glacier from ABC to the beginning of the scree slope, which is the start of our climb on Cho Oyu. (C,B,L,D)

**Day 16-19:** We should now be able to start work to establish camp 1 at 6400m along with our Sherpas. Your loads will consist of personal equipment as the Sherpas will carry the main group equipment such as tents and cooking equipment etc. The climb takes 4-6 hours and offers a fairly stiff climb over scree slopes at above 6000m. This section will feel easier as the expedition progresses (C,B,L,D).

**Day 20-23:** The journey up to camp 2 at 7100m involves climbing a steep 60 metre ice wall at around 6800m. With fixed lines this is a relatively straightforward task but it is likely to make your lungs work a little harder! Normally the journey takes 6-8 hours. (C,B,L,D).

**Day 24-25:** Rest day at ABC. (C,B,L,D).

**Day 26-29:** We ascend to Camp 2, this time to spend a night or two above 7000 metres. It is also possible to climb up to Camp 3 at 7500m. After this, members may wish to spend a number of days at base camp resting and building strength prior to making their summit bid. (C,B,L,D).

**Day 30-32:** Rest Day. (C,B,L,D).

**Day 33-39: Summit Days** it takes 8-10 hours to reach the summit. Initially we ascend up easy snow and rock to the summit plateau at which point it is only altitude, weather and fitness that will stop you reaching the sixth highest summit. The views across the summit plateau will include the other Himalayan giants: Everest, Lhotse, Nuptse, Menlugste and the beautiful Ama Dablam. If we are successful in climbing the mountain early then we will leave base camp early. (C,B,L,D).

**Day 40-41:** Return to Kathmandu. (In Tibet H,B,L,D)

**Day 42:** At leisure in Kathmandu. (H,B).

**Day 43:** Fly home. (H,B).



### **PREVIOUS EXPERIENCE/FITNESS**

You should be technically competent to Scottish grade 1 with previous high altitude experience up to 6000m or over. Summit success will require a high level of aerobic and mountain fitness. Although Cho Oyu is described as a straightforward climb, any 8000m peak is extremely demanding both physically and mentally.

The ascent of Cho Oyu is not technically difficult but there is a long summit day. This could take 8-10 hours and can prove to be extremely tiring.

### **A TYPICAL TREKKING DAY**

Starts around seven am (not a problem as it's usual to go to bed early!). As you get up it's easy enough to pack all your overnight gear into a kit bag before enjoying a hearty breakfast ready to leave camp whilst it's still fairly cool. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated. Lunch is usually in a fine spot by the side of the trail, again a pleasant relaxed affair that will help your acclimatisation programme. Another couple of hours trekking after lunch and, most days, you will be arriving at our overnight camp ready for a well earned drink.

### **A TYPICAL CLIMBING DAY**

Starts around seven am getting breakfast and a brew ready. Most climbing days are between 6 to 8 hours and will feel quite strenuous; this will get easier as time goes by with acclimatisation. The team should be able to move between camps without assistance. However, the leader will aim to have regular radio calls to keep in contact with all the group.

### **WHAT TO CARRY**

On the trek you should aim to carry a light rucksack containing 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses

and a warm hat and gloves. The rest of your gear can go in your kit bag to be carried by the Yaks. We suggest a 60-70L sac to enable you to carry your personal equipment up to the higher camps on the mountain. The Sherpas will establish & stock the camps as well as porter the oxygen to camp 3 ready for the summit attempt.

### **CATERING ARRANGEMENTS**

Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by poppadums, popcorn or prawn crackers. The main meal varies from local style *ó Dal Bhat* (rice and lentils with an onion and vegetable sauce), Yak stew, momos etc. to western style *ó Yak burgers, chips, pasta, even pizza!* Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!

On the mountain we will aim to travel light and meals will mainly be boil in the bag style supplemented by soup, noodles, salami, cheese and chocolate as required. Most people experience some kind of appetite loss and we mainly aim to just keep as hydrated as possible with fruit teas, soup and powdered fruit drinks.

### **IMPORTANT – The small print**

Please note, if for any reason you need to return to Kathmandu separate from the whole group, there will be costs incurred which you will need to pay. These might include jeep transfer costs, leaving the border without the group, transfer from the border to Kathmandu, cost to change flight. In this situation you should claim back any cost through your insurance policy.

### **CHANGE OF INTERNATIONAL FLIGHTS**

We allow several extra days in the itinerary for bad weather. If you do summit or come back early we can re-book your international flight but additional costs may/will be incurred. Tickets can be changed according to availability and the class of ticket, you may need to upgrade and be flexible on your return date. All additional payments would need to be paid for in Kathmandu (card payments accepted).

### **INSURANCE**

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. This is available through Ault Insurance (0121 569 8772) or the BMC. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure.

## RESPONSIBLE TOURISM

We employ Nepalese Sherpas and cooks as well as a local cook-boys who all work alongside our own group leader giving employment beyond farming. We will have our power shower setup at ABC, but if you would like a bowl of hot water to wash in, then just ask the cook. Wet wipes also work really well as an alternative. We recommend you take items such as batteries back to Kathmandu for recycling.



## ALTITUDE

You should already be familiar with the effects of altitude from your previous experience. However if you are new to mountaineering at extreme altitude you may still have concerns about the effects of altitude. Don't worry, our itinerary allows sufficient time to acclimatise. The best way to avoid such symptoms is to do everything slowly, walk at a steady pace and drink plenty of fluid. Should you be the exception, we can allow you to stay an extra night at a lower level and follow with one of our local guides.

## USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are more difficult to replace easily.



## EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets can be hired or purchased with 15% discount from our shop.

## BAGGAGE

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. We aim to arrange 30kg baggage allowance but this cannot always be guaranteed by the airline. Some items can be left at the hotel for your return. A suitable kit bag is provided but important items should also be packed in plastic bags. A 27-35litre day sac is needed to carry a fleece, raingear, gloves, water bottle, camera and guidebook, for the acclimatisation walks.

## VISAS AND PERMITS

UK citizens and most EU nationals can get the Nepal Visas on arrival, as we are passing through Nepal we will just require a transit visa. We will get the Tibetan visa on arrival at the border. All other nationals should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

## LOCAL COSTS

Most meals are inclusive, please see the key above. Individuals are responsible for drinks and hotel meals throughout which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

Tea/coffee	£0.40	Beer	£1.50
Soft drink	£0.50	Local lunch	£4.00
3-course dinner	£8.00		

## CURRENCY

Nepalese Rupee, UK Sterling, Euros and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order. Approx 115 rupee to £1 / 70 rupee to 1\$. Whilst in Tibet US Dollars are much more widely accepted for converting into Yuan or buying the odd can of coke or beer.

## TIPPING

Tipping is generally expected and part of everyday life. We tend to tip our own local staff as a whole and would recommend around \$200 per person for this trip.

## DEPARTURE TAX

Allow \$30 payable on leaving Kathmandu.