



 Tibet

 Cho-Oyu (8201m)

Climb Cho Oyu (8201 m) Tibet. Great training for Everest.

Group

7-12 members

Duration

Days **30** / Nights **29**

Price

\$ 54 310





Trip overview

Chengdu - Lhasa - Shigatse - Shegar or Old Tingri - Base Camp - Advanced Base Camp - Climbing Cho-Oyu - Base Camp - Shigatse - Lhasa - Chengdu



Why go there?

Cho-Oyu is the simplest eight-thousander in Tibet and one of the simplest eight-thousander in the world, so it is not surprising that this peak is one of the most popular and most visited among peaks with a height of more than 8000 meters.

We recommend climbing Cho-Oyu to climbers who have never climbed the eight-thousanders, but really want to try to do it. This mountain is the best choice for such people, since climbing Cho-Oyu is not technically difficult. To increase your safety, we provide a personal oxygen cylinder and a full set of oxygen equipment, which you will use on the summit day. In addition, on this day the group will be accompanied by Sherpas and guides with extensive experience in climbing and working on eight-thousanders.

We are flying to Lhasa. We arrange a rest day in Lhasa and Shigar for acclimatization, and then we move to Cho-Oyu Base Camp (BC 5100m). After 1-2 days of rest in BC, we begin with the help of yaks the lifting of equipment to the Advanced Base Camp (ABC 5700 m). After the arrangement of the ABC, the following day, all expedition members start moving to ABC. A fairly comfortable camp is set up here, similar to our BC.

On Cho-Oyu climbers use one base camp - ABC (5700m). Usually they come to the BC, acclimatize, and then move the entire camp to ABC. Above the ABC participants and Sherpas setting up 3 high-altitude camps.

Meals in BC and ABC - 3 times a day. Nepalese and Tibetan cooks cook on gas stoves in special kitchen tents. You can also get here any amount of hot water for washing or boiled water for drinking. We eat in spacious dining tents equipped with tables and chairs. In high-altitude camps, participants prepare meals for themselves along with Sherpas on gas burners. Water is drowned from snow.



Itinerary



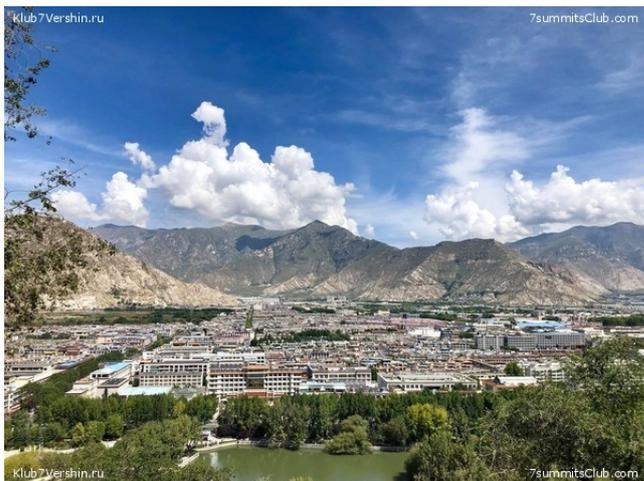
Day 1

Arrival in Lhasa (3600m). Hotel accommodation.



Day 2

Day in Lhasa. Monastery and Dalai Lama - Potala tours.



Day 3

Drive to Shigatze (3900m).



Day 4

Drive to Shegar or Old Tingri (4200m).



Day 5

Rest and acclimatization day in Shegar or Old Tingri.



Day 6

Drive to the Base Camp (4800m). Accommodation in tents. The camp has a tent-kitchen, a tent-dining room, a tent-toilet.



Day 7

Acclimatization in Base Camp (4800m).



Day 8

Ascent to the Intermediate Camp (5400m)



Day 9

Ascent to ABC (5700m). Accommodation in tents. The camp has a tent-kitchen, a tent-dining room, a tent-toilet, a tent-shower, tents for participants, generator.



Day 10-27

The period of acclimatization and Climbing Cho-Oyu.



Day 28

Descent to the Base Camp and departure to Shigatse.



Day 29

Drive Shigatse - Lhasa. Overnight at the hotel in Lhasa.



Day 30

Departure from Lhasa to home.



Dates

2025:

September **05** - October **04**



Price includes

- Airport pick up and drop off
- Hotel accommodations in Tibet. Breakfast included
- Hotel accommodations in Lhasa for 2 nights at the beginning of the expedition and 1 night at the end of the expedition. Double room occupancy
- All group transfers in Lhasa
- All ground transport to from Lhasa to Base Camp and back
- All meals while trekking and climbing
- All group camp supplies, such as tents for participants, big mess tent in BC and ABC with tables and chairs
- Kitchen equipment and utensils in BC and ABC
- Fuel for cooking in BC and ABC
- 1 generator
- Gas cylinders
- Gas burners
- Tents for high altitude camps
- Sleeping bags for high altitude camps
- Group climbing gear: ropes, ice screws
- Radio stations: 1 per 2 members of the expedition
- Oxygen mask gear: 2 sets per climber (for use only)
- Oxygen cylinders: 3 per each climber (only for use above 7000 m)
- Oxygen cylinder 1 per each Sherpa
- Climbing and trekking permits
- Experienced expedition leader from 7 Summits Club (Everest Summitter)
- High-altitude porters (Sherpas): 1 Sherpa per each member of the expedition

Sherpas establish camps and carry loads at an altitude above 6,400 m, and also accompany the participants on the summit day from the high camp.

- Chinese liaison officer
- Nepalese cook and kitchen assistants
- The Tibetan Visa
- 1 yak (40 kg) for personal cargo per one member from BC to ABC and back
- 7 Summits Club logo team jacket, 2 team long sleeve shirts



Price does not include

- International round trip airfare
- Round trip airfare to Lhasa
- Personal clothing and climbing gear
- Personal high-altitude porter
- Additional yaks for carrying personal belongings of the participant (if necessary, the price per each Yak is \$300)
- Additional oxygen cylinders (upon the request)
- Lunch and dinner in Lhasa and on the way to the Base Camp, except for welcome and farewell dinner
- Personal expenses
- Trip cancellation insurance
- Medical insurance
- Evacuation fee for early departure
- Conducting search and rescue, and transportation operations
- Charges incurred as a result of delays beyond the control of 7 Summits Club
- Gratuities for guide team





Good advice

Climbing is a potentially dangerous pastime, high-altitude climbing is dangerous at all times. There can be no possible guarantee of your success and safety at the altitudes above BC and especially above 7000 and 8000m. So we strongly recommend you to hire a personal high altitude Sherpa guide-porter, especially if you do not have any experience in high-altitude climbing. This will increase immensely your safety and chances of summiting.



F.A.Q.

Tips guidelines (important information!)

You entrust your life, health, your time and money to the guides. And the guides take this responsibility for you and for the success of the whole trip. They are doing this 24 hours. You entrust your life, health, your time and money to the guides. And the guides take this responsibility for you and for the success of the whole trip. They are doing this 24 hours. 10-20 USD per day is expected as the normal amount of tips for the Guides and the staff of the program. If you liked everything about the trip, please don't forget to thank them. You can give the tips directly to the Main Guide and he will distribute it among the staff.

Necessary travel papers (documents)

- Valid passport
- Chinese visa
- Climbing insurance
- Special permission for climbing in Tibet

By air and by land

Transportation before the Base Camp:

- Airport pick up and drop off
- All transfers in Tibet
- Bus and truck for the loads
- A minibus for the mountaineering team, a truck for Luggage and staff, for moving to and from the Base Camp.

Transportation cargo above Base Camp:

Yaks carry loads from BC to ABC: 1 Yak per expedition member between BC-ABC

and 1 Yak per expedition member between ABC-BC
Yaks carry all the public and personal equipment of the expedition
High-altitude porters (Sherpas) help participants carry all the expedition's equipment above the ABC. They help setting up high-altitude camps and bring all tents, sleeping bags, mats, food, gas cylinders, gas stoves, dishes, snow shovels and ropes

Accommodation

Hotel in Lhasa for 2 nights at the beginning and 1 night at the end of the expedition in double rooms
All hotels in Tibet. Double rooms occupancy
In BC and ABC - 1 tent for 1 person
High-altitude camps - 1 tent for 2-3 people

Meals

Breakfasts in Lhasa and Tibet (lunch and dinner not included)
Meals in BC and ABC - 3 times a day. Nepalese and Tibetan cooks cook on gas stoves in special kitchen tents. You can also get here any amount of hot water for washing or boiled water for drinking. We eat in spacious dining tents equipped with tables and chairs

Food for climbing - we provide special dehydrated food. Cooks and Sherpas prepare meals for the participants in high-altitude camps (above ABC) on gas burners

Staff

Guide and expedition leader from the "7 Summits Club" (Everest climber)
Chinese liaison officer
Chefs from Nepal
Kitchen assistants from Tibet
High-altitude porters (Sherpas) - 1 for each member of the team
Additional high-altitude Sherpa (second, if necessary)
All high-altitude porters have experience of climbing and working on 8-thousand meters. They help lift the equipment and oxygen to high-altitude camps and accompany expedition members on the Summit Day

Health and medical insurance

We provide the necessary first aid kit for medical care. But we also recommend that you bring your own first-aid kit with specific medicines. Attention! A necessary condition for participation in the expedition is that the participant has special climbing medical insurance

Weather

The weather in the Cho-Oyu area is usually stable. And in the Autumn, you will have chances for good weather. Every day we get a forecast on the Internet and based on it we choose the best period for acclimatization exits and ascents

Extra expenses

Single accommodation in Lhasa and Tibet
Lunches and Dinners in the cities
Extra nights at a hotel in Lhasa
Tips for Nepalese kitchen staff - usually \$ 200

Internet, phone

Electricity:

In Base and Advanced Base Camp we organize 220 V with generator and 12v using solar panels

There will be opportunity to work with electronic equipment in these two camps

Walkie Talkies:

On the route we use radio stations with a frequency of 144.00 Mg Walkie-talkies all Guides and Sherpas will have

Phone :

When drive through Lhasa you can buy SIM cards if you wish local operator China Telecom and call not roaming. Also, the satellite phone "Thuraya" works well everywhere on the route"

Internet:

We organize Wi-Fi in the Advanced Base camp (5700m).

Bring your computers, communicators, tablets and work on them 24 hours a day (with a lunch break)

Personal gear

GEAR LIST

General Information

- Each item on the list below is required unless specified to be optional
- If seasonal fluctuations impact the requirement for an item on your list, it will be specified
- All other items are required regardless of the forecast to ensure your well-being, as weather and conditions can change quickly in the mountains

TRAVEL ITEMS

- Backpack

45 - 55 L

This pack can be used as a carryon bag for the trip and then for the expedition.

- Expedition Duffel Bag

An approximately 150-liter expedition-ready duffel bag used to transport all gear. All items need to fit securely into the duffel bag.

- Casual Travel Clothes

We recommend wearing clean clothing while traveling and before and after your trip. It's a good idea to pack a comfortable variety of outfits, including some t-shirts, swimsuits (optional).

TECHNICAL CLOTHING

- Baselayer Bottom

2-3 pairs of thermal bottoms: lightweight and heavy weight. Fabric: wool, wool blend, synthetic or polyester. No cotton.

- Baselayer Tops

2 thermal long sleeved tops: one light weight and one heavy weight. Fabric: wool or synthetic. No cotton.

- Trekking Pants

A pair or two of lightweight trekking pants. Zippered pockets are good and thigh vents can be useful. We also recommend synthetic fabrics.

- Softshell Pants

Non-insulated, stretchy softshell pants that should fit comfortably with or without your baselayer bottoms.

- Hardshell Pants

These must fit over your thermal under layers and softshell pants. These must be non-insulated, lightweight, waterproof and have full zips on the side to get on and off over your climbing boots and crampons.

- Insulated Synthetic Pants

Fabric: Synthetic or Down. Medium weight is ideal. These should fit over both your thermal under layers and your climbing pants. These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.

- Midlayer Top

A midweight, lightweight fleece layer for use over baselayers. Hoods are optional but recommended. Very light down jackets can also suffice as a midlayer.

- Softshell Jacket

This breathable, wind-and-weather resistant jacket is a key part of a mountaineering layering system. A hooded model is highly recommended. This layer must fit well over your midlayer top and baselayer top.

- Hardshell Jacket

A non-insulated, fully waterproof shell jacket with a hood. This layer must fit comfortably over your baselayer, midlayer, softshell, and potentially a lightweight insulated layer. Helmet-compatible hoods are required.

- Lightweight Insulated Jacket

You may use this as a layering piece or as stand-alone insulation when appropriate. Down or synthetic insulation. Down is more packable and lighter weight, and synthetic insulation will retain warmth when wet.

- Insulated Synthetic Puffy Parka

Insulated parka with hood. Synthetic insulation is better for dealing with wet weather.

- Expedition Down Parka

An 8000 meter rated, expedition ready parka.

- Expedition Down Pants

Must be heavily insulated and must fit over all other layers, with a weather proof outer shell fabric.

- Down Suit instead of Expedition Down Parka and Expedition Down Pants

Expedition down suit can be used instead for down parka and down pants.

HANDWEAR

- Lightweight Liner Gloves

Lightweight wool or synthetic liner gloves.

- Softshell Gloves

Midweight, lightly insulated gloves. Leather-palm construction is recommended.

- Insulated Shell Gloves/ Climbing Gloves

One pair of warm shell gloves with insulated removable liners. We recommend models with a durable leather palm.

These need to have room in the fingers to not be restrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less. You must have enough dexterity to use your technical gear (ascender, carabiners, rappel device) while wearing these gloves. It is important to be very familiar with these gloves and get used to using them with your gear before your climb.

- Expedition Mittens/ 8000 mitts

These must fit over your medium weight liner gloves and your heavy weight

climbing gloves without constriction. Larger is always better than smaller. These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavy weight gloves and need a warmer option (gloves plus mitts).

- Hand Warmers and Foot Warmers (Optional)

Bring enough pairs to get you through the expedition but not more as they are heavy to carry up the mountain. If you are bringing the Hotronics electric foot warmers you will likely not need the chemical warmers. Note: chemical hand warmers use oxygen to burn so do not work well at high altitude and the foot warmers in the boots do not really work at all on summit day.

HEADWEAR

- Buff Neck Gaiter
- 2 Balaclavas: one heavyweight and one lightweight
- Sunhat
- Wool or Synthetic Ski Hat
- Facemask
- Glacier Glasses

These must be the high quality darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.

- Sunglasses (Optional)

These must be high quality dark lenses.

- Ski Goggles

High-quality goggles for sun and wind protection at altitude.

These must be the darkest lenses you can buy (Cat 4). If your goggles accept multiple lenses, bring one super dark lense and one clear or high light transmission yellow for low-light/high wind conditions.

*Note: If you need prescription Glacier Glasses contact the manufacturer for options well in advance of your trip.

- Headlamp

200-300 lumens and extra batteries.

FOOTWEAR

- Liner Socks

4-5 pairs of liner socks.

- Wool or Synthetic Socks

4-5 pairs of medium to heavy hiking socks. These must fit over your liner socks if you plan to wear liner socks.

- Light Hiking Boots or Trekking Shoes

For any approaches across dry trails. Light weight, high comfort, plenty of room in the toe box, and good ankle support.

- High Altitude All In One Boots

Boots rated for 8000 meters

- Down Booties

Down or synthetic insulated camp booties for use inside the tent and sleeping.

- Base Camp Boots (optional, but recommended)

CLIMBING EQUIPMENT

- Alpine Ice Axe

- 12 Point Crampons

General mountaineering crampons. We recommend modern steel 12-point crampons with anti-balling plates.

- Trekking Poles

- Locking Carabiners 5 items

- Climbing Helmet

- Belay Device With 1 Locking Carabiner

- Ascender

- Rappel Device

We do highly recommend a figure 8 style rappel/ belay device.

PERSONAL EQUIPMENT

- 40 F Down Sleeping Bag

Sleeping bag should be rated to -40°F and must be down-filled, not synthetic.

- 20 F Down Sleeping Bag (Optional, but recommended)

This bag will remain at BC and you will take your -40 F bag above basecamp,

- Inflatable Sleeping Pad

- Foam Pad

- Water Bottles

2 one-liter wide-mouth hard-sided water bottles.

- Water Bottle Parkas

2 insulated water bottle parkas that fully cover your water bottle with closing lids. We recommend the Forty Below Bottle Boot or the Outdoor Research Water Bottle Parka.

- 1 Liter Stainless Steel Thermos

- One Insulated Mug
- Spoon
- 0.5 Nalgene Bottle (Optional)
- Pee Bottle

Collapsible or hard-sided 1 liter Nalgene models.

- Pee Funnel For Women

Optional. Practice is needed for the use of this item.

- Sunscreen

Should be with a high zinc content and sweat resistance. This must be 30 spf or higher.

- Lip Balm with SPF 30+

- Water purification: Iodine tablets, filter or UV treatment (optional)

Water on the upper mountain is usually just melted, not boiled.

- Altitude Watch (Optional)

- Small Pocket Size Camera (Optional)

- Solar Panel (Optional); Power Bank

- Medical Kit

Should include: blister kit, low dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedipine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastrointestinal such as Ciprofloxacin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

- Toiletry Bag

Should Include: toilet paper, hand sanitizer, toothbrush, toothpaste, wet wipes, shampoo, trek towel (compact and quick drying), and any personal medications or prescriptions. Choose a quantity appropriate for the length of your trip.

- Snacks

We recommend assortments of hard candies; chocolate; dried fruits; special athletic foods such as energy gels (Gu); electrolytes (Nuun); Clif Shot Bloks; energy bars; protein bars; trail mix nuts.





Contact the manager



Write to WhatsApp



Write to Telegram

or by phone

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