

# Cho Oyu Expedition 2026

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Tibet

## ACTIVITY

Mountaineering

## ACCOMMODATION

Hotel+lodge+tent

## WALKING

4-6 hrs

## MAX ALTITUDE

8,027

m

## DURATION

30

Days

## DIFFICULTY

Difficult

Difficult

## GROUP SIZE

5

People

## Expedition Overview

At 8,188 meters (26,864 feet), Mt. Cho Oyu is the **6th highest mountain** in the world. Its name means “**Turquoise Goddess**,” reflecting its majestic appearance. Located on the border of **Tibet and Nepal**, Cho Oyu is often considered one of the **more accessible 8,000-meter peaks**, making it a preferred choice for first-time high-altitude climbers.

Though technically less demanding via the Northwest Ridge, climbers must be prepared for **extreme altitude**, **cold temperatures**, and **steep ice walls**.

## INCLUDES

- 1. 5? hotel in Kathmandu (single B&B) –
- 2. Private airport transfers (arrival & departure) –
- 3. Welcome dinner with team and staff –
- 4. Expedition royalty & permit from Chinese Government –
- 5. Garbage deposit and waste management –
- 6. Emergency/rescue insurance for all Nepali staff –
- 7. Two 150L 14 Peaks duffle bags –
- 8. All transport: Kathmandu–Timure–ABC (heli/jeep/yak) –
- 9. Meals: Breakfast, Lunch, Dinner (with tea/coffee) –
- 10. Well-managed Base Camp setup –
- 11. Personal box tent with proper bed at Base Camp –
- 12. 1:1 Sherpa Guide and Assistant Guide –
- 13. Gear-carrying assistance & summit day support –
- 14. 3 Oxygen bottles, 1 Summit Mask & Regulator set –
- 15. Dining & kitchen at high camps (Camp I & II) –
- 16. Shared high-altitude tents (2 pax/tent) –
- 17. Staff salary, gear, and equipment –
- 18. Satellite phone (available at charge) –
- 19. Walkie-talkies for camp coordination –
- 20. Daily weather updates from Meteotest (Switzerland) –
- 21. Medical kits for members and staff –
- 22. Official summit certificate by Chinese Mountaineering Association –

## EXCLUDES

- 1. International airfare to/from Kathmandu –
- 2. Nepal Visa Fee (\$125 for 90 days) –
- 3. Lunch & dinner in Kathmandu –
- 4. Extra nights in Kathmandu (early/late return) –
- 5. Personal insurance (medical, evacuation) – Mandatory –
- 6. Personal expenses: internet, showers, laundry, etc. –
- 7. Personal climbing gear, equipment, toiletries –
- 8. Drone & filming permits –
- 9. Internet during trek –
- 10. Sherpa Bonus: Minimum \$2000 USD –
- 11. Tips for camp staff: Minimum \$400 USD –
- 12. Any service not mentioned under "Includes" –

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu (1,400m) and transfer to hotel	Breakfast	Hotel	
2	Rest day and Tibet visa document preparation	Breakfast	Hotel	
3	Visa application submission and expedition briefing	Breakfast	Hotel	
4	Sightseeing, shopping, and final prep	Breakfast	Hotel	
5	Heli to Timure and drive to Kerung Border (1,962m)	B/L/D	Lodge	
6	Drive to Thingri (4,300m)	B/L/D	Lodge	
7	Acclimatization and preparation in Thingri	B/L/D	Lodge	
8	Drive to Chinese Base Camp (5,220m)	B/L/D	Tent	
9	Rest day at Chinese Base Camp	B/L/D	Tent	
9	Rest day at Chinese Base Camp	B/L/D	Tent	
10	Trek to Advanced Base Camp (5,400m)	B/L/D	Tent	
11-20	Rotation: ABC – Camp I, touch Camp II, sleep at Camp I, return to ABC	B/L/D	Tent	
21-26	Summit push: ABC – Camp I – Camp II – Summit – Chinese Base Camp	B/L/D	Tent	
27	Drive to Thingri and Kerung border	B/L/D	Lodge	
28	Drive to Timure, fly back to Kathmandu	B/L/D	Hotel	
29	Leisure day in Kathmandu	B	Hotel	
30	Final departure to home	B	-	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker