

TITLE**CHO OYU 8201m – GUIDED EXPEDITION**DESTINATION**Asia**COUNTRY**Tibet**INTRODUCTION

The Cho Oyu, for Tibetans “the Goddess of the Turquoise”, at 8201m is the 6th highest “8000er” in the world. It is located in east Nepal on the border with Tibet, approximately 30 km from Everest. Summited for the first time in 1954, this extraordinary mountain is the destination of numerous expeditions, so much so that it’s considered a very attainable “8000”! The approach to the mountain offers the possibility to visit Lhasa, a great opportunity to visit the heart of Tibet. The base camp (around 5700m) is located on the glacier’s moraine just at the foot of the mountain, in a panoramic position from where you can see the whole ascent itinerary. We are surrounded by high mountains in front of the historic Nangpa La pass, where the yak caravans transit still today towards Nepal.

The ascent on snow, ice and mixed, with three high altitude camps set up, is fairly easy and well equipped, even so, it requires a great mental and physical condition.

The guides from Mountain Kingdom have already climbed this great mountain in 2004, 2005, 2006, 2007, and 2009 therefore they know it well and are capable to guarantee the best organization possible and the best conditions for an amazing experience.

The return trip after the ascension is really fast because in a few days you reach Kathmandu from where the return flights for Italy depart.

DESCRIPTION**1st day**

Flight Milan – Kathmandu

2nd day

Arrival to Kathmandu. Transfer and accommodation in the hotel. Half day free to visit the city

3rd day

Free day to visit the city and the surrounding area. Last preparations and purchases

4th day

Flight Kathmandu – Lhasa 3600m. Accommodation in the hotel and half day free

5th day

Lhasa tour: Potala, Jokhang and Drepung monastery

6th day

Transfer by jeep to Gyantse 3950m and tour of the city. Accommodation in the hotel

7th day

Transfer by jeep to Shigatse 3900m and tour of the city. Accommodation in the hotel and excursion for acclimatization

8th day

Transfer to Xegar 4350m and accommodation in the hotel

9th day

Transfer from Xegar to Rongbuck and then to Everest base camp through the Pang La Pass 5150m

10th day

Transfer by jeep to Tingri and to Chinese base camp 4900m. Accommodation in tent

11th and 12th day

Days dedicated to the acclimatization and rest in the Chinese base camp with excursion to 5800m

13th and 14th day

Trekking to base camp (ABC) 5700m. Accommodation in tent

15th – 39th day

Days dedicated for acclimatization and summit ascent

40th day

Trekking to Chinese Base Camp and transfer by jeep to Zangmu. Accommodation in lodge

41st day

Transfer by microbus to Kathmandu. Accommodation in the hotel

42nd day

Free day in Kathmandu

43th day

Flight Kathmandu – Milan and arrival in the evening to Milan

OBSERVATIONS

- **Guided expedition.** The UIAGM mountain guide functions as leader of the expedition, that is: route opening and setting up of eventual fixed ropes, high camp organization, ascent organization and aid to the participants during climb and descent
- One or more high altitude porters, sherpas (the number depends on the program and the number of participants) are assigned during the ascent to open the track, supplying and/or equipping the high camps, and carrying common-use equipment
- During the ascent, **the participants must be autonomous** whether carrying their own personal equipment or in individual and rope party upward progression or pitching their tents and cooking. Anyways they

will be constantly assisted and helped by the UIAGM mountain guide and sherpa

- Technically speaking, the ascent is not particularly difficult and it is equipped with fixed ropes in the most difficult areas
- 3 high altitude camps at 6400m, 7100m, 7500m are provided
- Satellite telephones and computers with internet connection are provided for by Mountain Kingdom; phone calls and internet connections are not included in the price
- Request detailed documentation and equipment list at Mountain Kingdom

INCLUDED – NOT INCLUDED – PRICE

INCLUDED

- Organization, preparation, and assistance by Mountain Kingdom
- A UIAGM mountain guide as expedition leader for the organization and fulfillment of the expedition in loco, route opening and setting of fixed ropes, high camp preparation, ascent organization, and assistance to participants during the ascent and descent
- Local staff formed by a sirdar (Sherpa for base camp organization), high altitude guides (1 Sherpa every 8 participants), cook and cook-helper
- International flights organization and eventual air cargo for baggage exceed 20 kg
- Domestic minibus and jeep transfers
- Individual equipment transportation to base camp (40 kg) and return (30 kg)
- Group equipment transportation to base camp and return
- Individual equipment transportation (15 kg) until camp 1 and return
- Accommodation in hotel with bed & breakfast service in Kathmandu
- Accommodation in hotel or lodge with full board service in Tibet
- Accommodation in tents with mattress (1 tent for 1 person) during the trekking and at the base camp with full board service
- Group-use safety equipment (ropes, self-rescue equipment, GPS, cartographic equipment) and first-aid, oxygen for first-aid
- Campsite equipment, mess tent with chairs and tables, gas and neon light, gas heater and toilette tents (shower and WC), and support provisions
- Group-use equipment for the ascent: fixed ropes, ropes and tents anchorages, high altitude tents, camp stoves, gas, small pots and provisions
- Walkie-talkies to facilitate internal communications and solar panels for common and individual use
- Cho Oyu ascent permit and local permits and visas in Nepal and Tibet
- CAI (Italian Alpine Club) insurance for mountain first-aid

NOT INCLUDED

- International flight Milano – Kathmandu round trip. Around € 1000,00 with Qatar airways. Mountain Kingdom back office is at your disposal to choose flights best prices and for reservations
- Airport taxes

- Air cargo for baggage exceed 30 kg
- Main meals if not mentioned
- Drinks, tips and personal extras
- Individual equipment
- Trip cancellation insurance and anticipated return

PRICE

- Clients who are interested please send us an e-mail for more information

SPECIALITY – CATEGORY

MOUNTAIN – EXPEDITIONS

MOUNTAIN GUIDE

Renato Bernard

PERIOD

August 28 – October – 9 - 2010

DURATION

44 days

DIFFICULTY

MEDIUM – SLIGHTLY DIFFICULT (PD) at 8000m

PARTICIPANTS

6 persons