

Earthbound Expeditions

Cho-Oyu Expedition

46 days, from US$8,627 per person

Duration **46 days**	Grade **Expedition**	Max altitude **8,188 m**
Start and end **Kathmandu**	Best season **Apr to May, Sep to Oct**	Accommodation **Hotel and tents**
Meals **Full board**	Group size **Up to 30**	Getting there **Overland by 4WD**

Cho-Oyu Expedition Overview

Attempt the world's sixth-highest peak, often considered the most accessible 8,000 m peak, with a fully supported expedition team.

Expedition overview

Cho Oyu, at 8,188 m, is the sixth-highest mountain in the world. It lies on the Tibetan side of the border, about thirty kilometres west of Everest. It is often described as the easiest of the eight-thousand-metre peaks, but only in comparison with the others: there is no technical crux above the Yellow Band, a vehicle can reach base camp, and the summit is a broad plateau. Even so, climbers die on the mountain in most years.

Why it is often a first 8,000 m peak

There are three reasons. Chinese Base Camp at 4,900 m can be reached by road, so there is no week-long approach on foot. The route has no icefall and no serious objective hazards below Camp 2. The summit day, although long and very cold, is a walk on snow rather than a technical climb. For these reasons, most climbers who go on to Everest start here.

Who this trip is for

Climbers who have summited a 6,000 m or 7,000 m peak, are comfortable on fixed rope in crampons, and have spent time above 7,000 m or are prepared to do so for the first time. Cho Oyu is a much bigger step up from Island Peak than Island Peak is from a trek. If you are unsure whether you are ready, please talk to us first; we will probably recommend a season on a 7,000 m peak before this expedition.

Why the expedition takes 46 days

The expedition involves three days of travel, a week of approach and acclimatisation, and then four to five weeks of rotations between base camp and the high camps while waiting for a summit window. The window lasts a few days and may not come at all. Most of an expedition is spent waiting at altitude, with some very hard days in between. An 8,000 m expedition cannot be safely completed in three weeks.

Key highlights of the Cho-Oyu Expedition

- Summit the sixth-highest peak on earth
- Full high-altitude Sherpa support
- Supplementary oxygen and a well-equipped base camp
- IFMGA expedition leadership

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	-	-	1,400 m
2	Kathmandu, permits, gear check and briefing	-	-	1,400 m
3	Drive to the Tibet border at Kerung	7–8 hrs	-	2,800 m
4	Drive to Tingri, across the plateau	5–6 hrs	-	4,300 m

5	Tingri, acclimatisation	-	-	4,300 m
6	Drive to Chinese Base Camp	3 hrs	-	4,900 m
7	Yak train to Advanced Base Camp	5–6 hrs	-	5,700 m
8	Advanced Base Camp, acclimatisation	-	-	5,700 m
9	Climbing period begins: rotations to Camp 1	-	-	6,400 m
20	Rotations to Camp 2 and Camp 3	-	-	7,450 m
35	Summit window, weather permitting	-	-	8,188 m
42	Clear the mountain, back to Chinese Base Camp	-	-	4,900 m
44	Drive back across the border to Kathmandu	2 days	-	1,400 m
46	Fly home	-	-	-

Day 1

Arrive in Kathmandu

You are met at the airport and taken to your hotel. There are no activities planned for today.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Permits, gear check and briefing

The day includes the expedition briefing, a full equipment check and the remaining paperwork. Your Tibet permits will already have been issued in your name; today we confirm the liaison officer and the oxygen plan.

Altitude: 1,400 m On foot: None, briefing day Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 3

Drive to the Tibet border at Kerung

You drive north out of the Kathmandu valley and up the Trishuli and Bhote Koshi gorges to Rasuwagadhi, complete the border formalities and continue up the other side to Kerung.

Altitude: 2,800 m On foot: Drive, 7–8 hrs Night: Hotel, Kerung Meals: Breakfast, Lunch, Dinner

Day 4

Drive across the plateau to Tingri

You cross a 5,236 m pass onto the Tibetan plateau. On a clear day, Shishapangma, Cho Oyu and Everest are visible from the top.

Altitude: 4,300 m On foot: Drive, 5–6 hrs Night: Hotel, Tingri Meals: Breakfast, Lunch, Dinner

Day 5

Acclimatisation day in Tingri

A rest day at 4,300 m. This is the first important acclimatisation stop of the trip.

Altitude: 4,300 m On foot: Optional 2–3 hrs Night: Hotel, Tingri Meals: Breakfast, Lunch, Dinner

Day 6

Drive to Chinese Base Camp

A three-hour drive to the end of the road at 4,900 m. Road access to base camp is the main reason Cho Oyu is considered the most accessible eight-thousand-metre peak.

Altitude: 4,900 m On foot: Drive, 3 hrs Night: Tents, Chinese Base Camp Meals: Breakfast, Lunch, Dinner

Day 7

Trek to Advanced Base Camp

Yaks carry the loads while you walk up to 5,700 m. Advanced Base Camp is the main base of operations, where you spend most of the following month.

Altitude: 5,700 m On foot: 5–6 hrs Night: Tents, Advanced Base Camp Meals: Breakfast, Lunch, Dinner

Day 8

Acclimatisation at Advanced Base Camp

You settle in at 5,700 m: sorting loads, testing oxygen sets and allowing your body to adjust before anyone climbs higher.

Altitude: 5,700 m On foot: Optional 1–2 hrs Night: Tents, Advanced Base Camp Meals: Breakfast, Lunch, Dinner

Day 9

Start of the climbing period and rotations to Camp 1

The first load carry and the first night at 6,400 m, followed by a return to base camp. From this point the expedition is a series of rotations, each going a little higher and returning lower to sleep.

Altitude: 6,400 m On foot: 4–6 hrs to Camp 1 Night: Tents, Camp 1 and Advanced Base Camp Meals: Breakfast, Lunch, Dinner

Day 20

Rotations to Camp 2 and Camp 3

Higher load carries on fixed rope, above the Yellow Band, to 7,100 m and then 7,450 m. Between rotations you rest at Advanced Base Camp, eat as much as you can and wait for the next stage.

Altitude: 7,450 m On foot: 5–8 hrs a day Night: Tents, the high camps and Advanced Base Camp Meals: Breakfast, Lunch, Dinner

Day 35

Summit window, weather permitting

When the forecast shows a few settled days, the team moves up over three or four days and leaves Camp 3 before dawn for the summit plateau at 8,188 m. The window may come earlier, later or not at all, which is why the itinerary includes reserve weeks.

Altitude: 8,188 m On foot: 10–12 hrs Night: Tents, the high camps Meals: Breakfast, Lunch, Dinner

Day 42

Strike the high camps

The high camps, fixed ropes and all rubbish are brought down from the mountain. The yaks then come up to collect the loads and you walk back to Chinese Base Camp.

Altitude: 4,900 m On foot: 4–5 hrs Night: Tents, Chinese Base Camp Meals: Breakfast, Lunch, Dinner

Day 44

Drive back to Kathmandu

Two days by road down from the plateau to Kathmandu, a descent of more than three kilometres. This is a rest period for the team.

Altitude: 1,400 m On foot: Drive, 2 days Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 45

Free day in Kathmandu

A free day to rest, bathe and enjoy a meal in the city, followed by a farewell dinner with the team in the evening.

Altitude: 1,400 m On foot: None, free day Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 46

Departure

Transfer to the airport for your departure.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers and ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits and national park fees
- Meals as per the itinerary

Not included

- International flights
- Travel and rescue insurance
- Personal trekking gear
- Tips and personal expenses
- Nepal entry visa (on arrival)

Permits and other costs

Permit	Fee	Issued by
Tibet Travel Permit (TTB). Applied for on the basis of a confirmed, paid itinerary naming your hotels and guide. Allow 15 to 20 working days, longer in the high season. You cannot obtain one yourself.	Inside the trip price	Tibet Tourism Bureau, through a licensed agency

China group visa, issued in Kathmandu. This is not a standard Chinese visa, and it cancels any Chinese visa already in your passport. Processing takes five working days, or three with the urgent service. Current practice requires a group of at least five people on one visa.	$51 for most nationalities, $140 for US citizens	Chinese Embassy, Kathmandu
Alien's Travel Permit. No longer required for Shigatse prefecture, which covers Everest and Rongbuk, since June 2025. Some other operators still list it for Tibet Everest trips.	Not required	-
Qomolangma nature reserve entry. Charged per person and per vehicle, and the guide also pays it.	CNY 160–180, plus CNY 405–605 per vehicle	At the reserve gate, inside the trip price
Cho Oyu climbing permit. Issued months in advance for a named climber and a named expedition leader. A liaison officer is assigned with the permit and is compulsory.	$3,000 to $3,600 per climber	China Tibet Mountaineering Association, through the agency

Other cost	Amount	Note
Chinese climbing permit and royalty	$3,000–3,600	Paid to the China Tibet Mountaineering Association, per climber
Tibet permits and group visa	$180–280	See the permit table below
Liaison officer and interpreter	$400–600 a head	Required by the CTMA on every expedition
4WD and luggage truck, both directions	$500–800 a head	Kathmandu to Chinese Base Camp and back
Yaks to Advanced Base Camp	$350–550	Per climber, charged again on the return
Base camp: tents, kitchen, cook, dining and toilet	$1,200–1,900	For five to six weeks. This is the full cost of running a base camp
High-altitude tents, rope and hardware	$700–1,100	Camps 1 to 3, and the fixed line above the Yellow Band
Bottled oxygen and masks	$500–900	Cho Oyu is climbed both with and without oxygen. Ask us which applies to this expedition
Climbing Sherpa	$2,500–4,000	Wage, insurance, equipment and summit bonus. Not included in every expedition package
Insurance to 8,500 m	$600–1,200	Must cover high-altitude mountaineering and evacuation. Standard policies do not cover this expedition
Tips and summit bonuses	$800–1,500	Per climber, and an important part of the crew's income

Packing list

Luggage travels by truck and yak and is searched at the border

Your equipment travels by truck to Chinese Base Camp and by yak to Advanced Base Camp, so pack it in two strong, lockable duffel bags of about 20 to 25 kg each, which is the standard yak load. Keep your high-mountain equipment together in one of them. Bags are searched at the Kerung border. Do not carry anything relating to the Dalai Lama or Tibetan politics, including books and photographs, and tell us in advance about satellite phones and drones, which require permission. We provide group equipment, tents, ropes and oxygen; personal climbing equipment is your own, or can be hired in Kathmandu.

Headwear and eye protection

- Warm hat, and a balaclava or face mask for the summit
- Two buffs or neck gaiters
- Category 4 glacier glasses, and ski goggles for wind
- Head torch with spare lithium batteries

- Sunscreen SPF 50 and lip balm with sun protection

Clothing

- Down suit for the summit push, rated for 8,000 m
- Heavy down jacket for base camp and the high camps
- Synthetic or merino base layers, no cotton
- Fleece and softshell mid layers
- Waterproof, windproof shell jacket and trousers

Gloves

- Liner gloves
- Climbing gloves for fixed rope work
- Two pairs of down expedition mitts, one as a spare
- Chemical hand warmers

Footwear

- 8,000 m mountaineering boots with integrated gaiters
- Crampons fitted to those boots before you leave Kathmandu
- Trekking boots for the walk to Advanced Base Camp
- Warm down booties for camp
- Several pairs of wool socks and liner socks

Climbing kit

- Harness, ascender, belay device, and locking and plain carabiners
- Ice axe and helmet
- A climbing pack of 50 to 60 litres
- Two strong, lockable expedition duffels

Sleeping

- Down sleeping bag rated to at least -30°C
- A second sleeping bag for base camp, if you prefer not to carry one up and down
- Inflatable mattress, plus a closed-cell foam mat
- A pee bottle, clearly marked

Health

- Personal medical kit, agreed with your doctor, including any regular medication
- Diamox, if your doctor agrees
- Throat lozenges. The dry air causes a cough in almost everyone
- Hand sanitiser and wet wipes

Documents and money

- Passport valid for at least six months, with blank pages
- Colour scans of your passport, sent to us six weeks before departure
- Insurance certificate covering high-altitude mountaineering to 8,500 m and evacuation
- Cash in US dollars for tips, summit bonuses and purchases along the way

Getting there and back

The flights and long drives on this itinerary, and what happens if one is delayed or cancelled.

Overland travel to Tibet

Cho Oyu is climbed from the north, in Tibet. This requires the full set of Tibet permits and a two-day drive from Kathmandu across the Kerung border. There is no route from the Nepali side to the standard line, and the Nepali side of the mountain has been closed to expeditions for years.

Road access to base camp

Chinese Base Camp at 4,900 m is at the end of a road, which is a major reason Cho Oyu is considered the most accessible eight-thousand-metre peak. From there, yaks carry loads to Advanced Base Camp at 5,700 m, the main base of operations, where most of the 46 days are spent.

Border closures

The Kerung crossing has closed at short notice for administrative and political reasons more than once in the last decade, and the whole region regularly closes to foreigners in March. An expedition involves a large deposit that depends on a border outside our control. Our terms for this are set out in the booking section.

No helicopter rescue in Tibet

This is the most important logistical fact for climbers on this side of the mountain. On the Nepal side of the Himalaya, a serious problem can be dealt with by helicopter; in Tibet it means descending and a very long drive. This significantly changes the level of risk, and you should take it into account when deciding whether to join the expedition.

Accommodation

Hotels on the way in

In Kathmandu you stay in a hotel before and after the expedition. On the drive into Tibet you spend a night at Kerung and two at Tingri in simple hotels. These are your last nights in a bed for about five weeks.

Tented camps

From Chinese Base Camp at 4,900 m onwards, every night is spent in a tent. Most of the expedition is spent at Advanced Base Camp at 5,700 m, between rotations. There you have a sleeping tent, a dining tent where meals are served, a kitchen tent run by the cook and a toilet tent. The high camps are different: small shared tents on snow, with water made by melting snow on a stove. You sleep in your down suit or in a sleeping bag rated to well below freezing.

Where	Nights	Type	Room	Bathroom
Kathmandu	4	Hotel	Twin or double	Private, hot water

Kerung	2	Simple hotel	Twin	Private, hot water not always reliable
Tingri	2	Simple hotel	Twin	Private or shared, hot water not always reliable
Chinese Base Camp, 4,900 m	2	Tents	Twin-share tent with a mattress; a single on request	Toilet tent. Warm water for washing from the kitchen
Advanced Base Camp and Camps 1 to 3	35	Tents: Advanced Base Camp between rotations, one or two nights at a time at the high camps	Twin-share tents at Advanced Base Camp (single on request); two or three per tent at high camps	Toilet tent at Advanced Base Camp. No facilities above it

Dining tent
At Advanced Base Camp, with tables, chairs and a heater in the evenings. This is where you spend most of the time between rotations.

Washing
Warm water from the kitchen at Chinese Base Camp and Advanced Base Camp. No washing facilities above Advanced Base Camp.

Charging
Solar power at Advanced Base Camp for phones, cameras and head torch batteries. Bring a power bank for the high camps.

Communication
The expedition leader carries a satellite phone for emergencies and paid calls. There is mobile signal at Tingri, but do not rely on it higher up.

Weather forecasts
Received at base camp by the expedition. The forecasts determine when the team moves up for the summit.

Oxygen
Bottled oxygen, masks and regulators for the summit push, and medical oxygen kept at Advanced Base Camp.

Water
Boiled at base camp. At the high camps it is melted from snow, which is slow, so drink whenever water is offered.

Sleeping bag
Bring your own, rated to at least -30°C. It goes up the mountain with you.

Meals

Meal	Time	What it is like
Breakfast	8:00 to 9:00	Porridge, eggs, chapati or bread, pancakes, tea and coffee, in the dining tent
Lunch	12:30 to 13:30	Soup, noodles, potatoes, rice, vegetables and any fresh food brought up from Tingri
Dinner	18:30 to 19:30	Soup to start, then dal bhat, pasta, curry, momo or noodle dishes, cooked by the expedition cook

Tea	Through the day	Tea, coffee, hot chocolate, soup and biscuits. Hot drinks are available at any time at base camp
At the high camps	When you can	Freeze-dried meals, noodles, soup, chocolate and snacks, with water melted from snow on a gas stove

Diet	How we manage it
Vegetarian	Easily catered for throughout. The cook plans for it from the start.
Vegan	Manageable with notice. Food for five weeks is bought in Kathmandu before departure, so please tell us when you book.
Gluten free	Possible with notice. Rice, potatoes, dal and eggs form the basis of the menu, and we buy gluten-free food for the high camps in Kathmandu.
Allergies	Tell us when you book. Advanced Base Camp is several days from the nearest hospital, so bring your own medication, including an adrenaline pen if prescribed.
Meat	Fresh meat is available in the first weeks, then tinned and dried meat. Vegetarian food is the safer choice once supplies have been on the mountain for some time.

A typical day

Time	What happens
7:00	Tea brought to your tent
8:00	Breakfast in the dining tent
9:00	Oxygen saturation and pulse measured and recorded
10:00	A short walk, or practice on the fixed rope near camp
12:30	Lunch
14:00	Rest, washing, sorting equipment and reading. This makes up most of an expedition
17:00	Weather forecast and planning for the next rotation with the leader
18:30	Dinner in the dining tent
20:00	Bed, with a hot water bottle in your sleeping bag

Difficulty and preparation

Difficulty 5 of 5

A high-altitude expedition. Technically moderate, and physically and mentally very hard.

- About five weeks living at or above 5,700 m, with rotations to camps at 6,400 m, 7,100 m and 7,450 m.
- Fixed rope in crampons throughout the upper mountain, including a steep ice step above Camp 1 and the rock of the Yellow Band above Camp 3.
- Summit day starts from Camp 3 before dawn and is a long, very cold day on snow, up to the summit and back down.

- Most of the 46 days is spent waiting in a tent for suitable weather. Many people find this harder than the climbing.
- There is no helicopter rescue on the Tibetan side. A serious problem means descending and a long drive.
- You need to have summited a peak of 6,000 m or higher and to be comfortable on fixed rope before joining.

Getting ready

A year or more before: Gain experience
Summit a peak of 6,000 m or higher, and ideally spend a night above 7,000 m, before you join. You should be comfortable moving on fixed rope with a jumar and changing over at anchors in mountaineering boots, crampons and gloves. If you are not yet at this level, tell us and we will suggest an intermediate objective.

6 months before: Build endurance
Train four or five times a week. Most sessions should be long and steady, at a conversational pace: walking, running, cycling or rowing. Add two strength sessions a week for legs and core.

4 months before: Carry weight uphill
Do hill days with a pack of 15 to 20 kg and 1,000 m of ascent, building up to one every week. Wear your mountaineering boots on some of them.

10 weeks before: Consecutive training days
Once a month, do two or three long days in a row with a loaded pack. Expedition rotations involve consecutive hard days on little sleep, and this is the closest you can get to them at home.

6 weeks before: Equipment and skills
Use every item of your summit equipment at least once: boots, crampons, down suit, mitts and, if you can borrow one, an oxygen mask. Practise fixed rope work in full mitts. Nothing should be new to you on the mountain.

2 weeks before: Reduce training
Halve your training volume, keep active and get plenty of sleep. Avoid anything that could cause injury or illness. You will lose weight on the expedition, so do not diet beforehand.

Altitude and safety

The summit is at 8,188 m, where each breath contains roughly a third of the oxygen available at sea level. Nobody fully acclimatises to this height; the body can only cope for a limited time before it begins to deteriorate. The expedition is planned around this: a slow drive up to 4,900 m, a week settling in at Advanced Base Camp, and then rotations that climb to each higher camp and return lower to recover before going higher again. Supplementary oxygen is used for the summit push. We ask you to report symptoms early and to accept a decision to turn back.

What to watch for

- A headache that does not improve with water and paracetamol
- Nausea or complete loss of appetite
- Breathlessness at rest, not only when climbing
- A worsening cough, especially with frothy or pink sputum
- Unusual tiredness, or being much slower than the rest of the team
- Confusion, poor judgement or loss of coordination, which require immediate descent
- Numbness or pale, waxy skin on the fingers, toes or face, which are early signs of frostbite

How to prevent it

- Follow the rotation plan. Climb high and return lower to sleep before going higher.
- Drink four to five litres of fluid a day at base camp, and more on the mountain. The air is very dry.
- Eat, even when you have no appetite. Some weight loss is expected; rapid weight loss is a warning sign.
- Avoid alcohol and sleeping pills at every altitude on the expedition.
- Use oxygen as planned on the summit push, and keep the mask and regulator warm.
- Respect the turnaround time. Many accidents on 8,000 m peaks happen on the descent.

What we do

1. Gradual ascent to base camp
Two nights at Tingri (4,300 m) and one night at Chinese Base Camp (4,900 m) before the walk to Advanced Base Camp, followed by several days at 5,700 m before anyone climbs higher. Each of these stages is necessary for acclimatisation.

2. Daily health checks
Oxygen saturation and pulse are measured and recorded every morning at Advanced Base Camp and before each rotation. This makes any decline over several days clear from the records.

3. Climb high, sleep low
Each rotation goes to a higher camp, spends one or two nights there and returns to Advanced Base Camp to recover. You attempt the summit only after you have slept at Camp 2 and reached Camp 3.

4. Oxygen and turnaround time
Supplementary oxygen is used on the summit push, and a turnaround time is agreed before you leave Camp 3. The leader and your climbing Sherpa decide when to turn back, and that decision is final.

5. Serious symptoms
Descent is the treatment. Medical oxygen and emergency drugs are kept at Advanced Base Camp, and your Sherpa carries oxygen on the mountain. There is no helicopter rescue in Tibet, so a serious problem means descending to Chinese Base Camp and a long drive to hospital. This is the main reason we require previous altitude experience.

Weather by month

Typical conditions on this route in each month, including the months we do not run this trip.

Month	Daytime at Advanced Base Camp	Night-time at Advanced Base Camp	Summit, 8,188 m	Conditions	Note
January	-8°C	-25°C	-33°C	We do not run it	Winter. The jet stream is over the summit. No expeditions.
February	-6°C	-23°C	-32°C	We do not run it	Still winter on the mountain. No expeditions.
March	-3°C	-18°C	-29°C	We do not run it	Tibet usually closes to foreign visitors for this month. We do not schedule any departures.

April	0°C	-14°C	-26°C	Good	The spring season opens with travel, base camp and the first rotations. Cold nights and strong winds high on the mountain.
May	4°C	-9°C	-21°C	Best	The main spring summit window, usually in the second half of the month, when the wind drops.
June	6°C	-5°C	-17°C	We do not run it	The monsoon arrives. Heavy snow on the upper mountain. No expeditions.
July	7°C	-3°C	-15°C	We do not run it	Monsoon. Deep snow and avalanche risk. No expeditions.
August	7°C	-3°C	-15°C	We do not run it	Monsoon. The autumn teams begin to arrive at the end of the month.
September	4°C	-7°C	-18°C	Best	The autumn season. Deep post-monsoon snow early in the month settles over the following weeks, with summit windows towards the end.
October	0°C	-12°C	-24°C	Good	Summits continue into early October, then strong winds return and the season closes.
November	-4°C	-18°C	-28°C	We do not run it	Cold and very windy on the upper mountain. The season is over.
December	-7°C	-22°C	-31°C	We do not run it	Winter. No expeditions.

Rough estimates rather than station averages, drawn from reanalysis data and expedition records for the Cho Oyu area. Any week can be ten degrees either side, and wind on the upper mountain makes the summit figure feel far colder than it reads.

Booking and payment

Book first, then apply for permits

For Tibet, the usual order is reversed. The Tibet Travel Permit is issued on the basis of a confirmed, paid itinerary that names your hotels and your guide, so you commit to the trip before you know whether the permit will be approved. For this reason our Tibet deposits require a longer lead time than any other trip we offer.

What we need from you, and when

Clear colour scans of your passport photo page at least six weeks before departure, and your occupation on the application form. Applications from journalists, photographers, diplomats and anyone with 'government' in their job title are routinely refused. If you tell us early and accurately, we can usually find a way forward. Incorrect information discovered at the border cannot be resolved.

Group visa requirements

The Kathmandu group visa is issued to a group on a single document, and current practice requires a minimum of five travellers. A couple can join one of our departures. Two people requesting a private Tibet trip from Kathmandu cannot be accommodated, and we will tell you this before taking a deposit.

Refund if the permit is refused

Permits are occasionally refused, with no reason given and no appeal. If this happens, we refund the Tibet portion of your booking in full. This is the one part of a Tibet booking where we carry the risk rather than you.

Frequently asked questions

Answers to the 6 questions travellers ask us most often. If your question is not here, contact us and we will answer it.

How hard is this trip?

We grade this trip as Expedition. You reach about 8,188 m, so the main challenge is the altitude rather than technical climbing. Rest days are included in the itinerary to help you acclimatise, and a good level of everyday fitness is enough. Tell us about your experience when you enquire and we will advise you on whether the trip is suitable.

When is the best time to go?

The best time to go is spring and early autumn (April to May, and September), when the weather is most settled and the views are clearest. We also run the trip outside these months on request. Please ask us and we will tell you what to expect.

How big are the groups?

Groups are small. Many of our trips run for just one or two people, and we keep group sizes low so that the pace suits you and your guide has time for everyone. You can also book the whole trip privately.

What do I need to pay to book?

A 30% deposit, about $2,588 on this trip, secures your place, and the balance is due before you travel. You can change your dates free of charge up to 60 days before departure.

Do I need permits, and are they included?

Yes, permits are required, and they are included. We arrange all the national park fees and trekking permits for this route, and they are included in the price. You only need a valid passport and a Nepal entry visa, which you can obtain on arrival.

Can you tailor the itinerary?

Every itinerary can be adjusted to suit your dates, your pace and the time you have available. If you would like extra rest days, a different start date or an additional region, let us know and we will plan the trip accordingly.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/cho-oyu-expedition