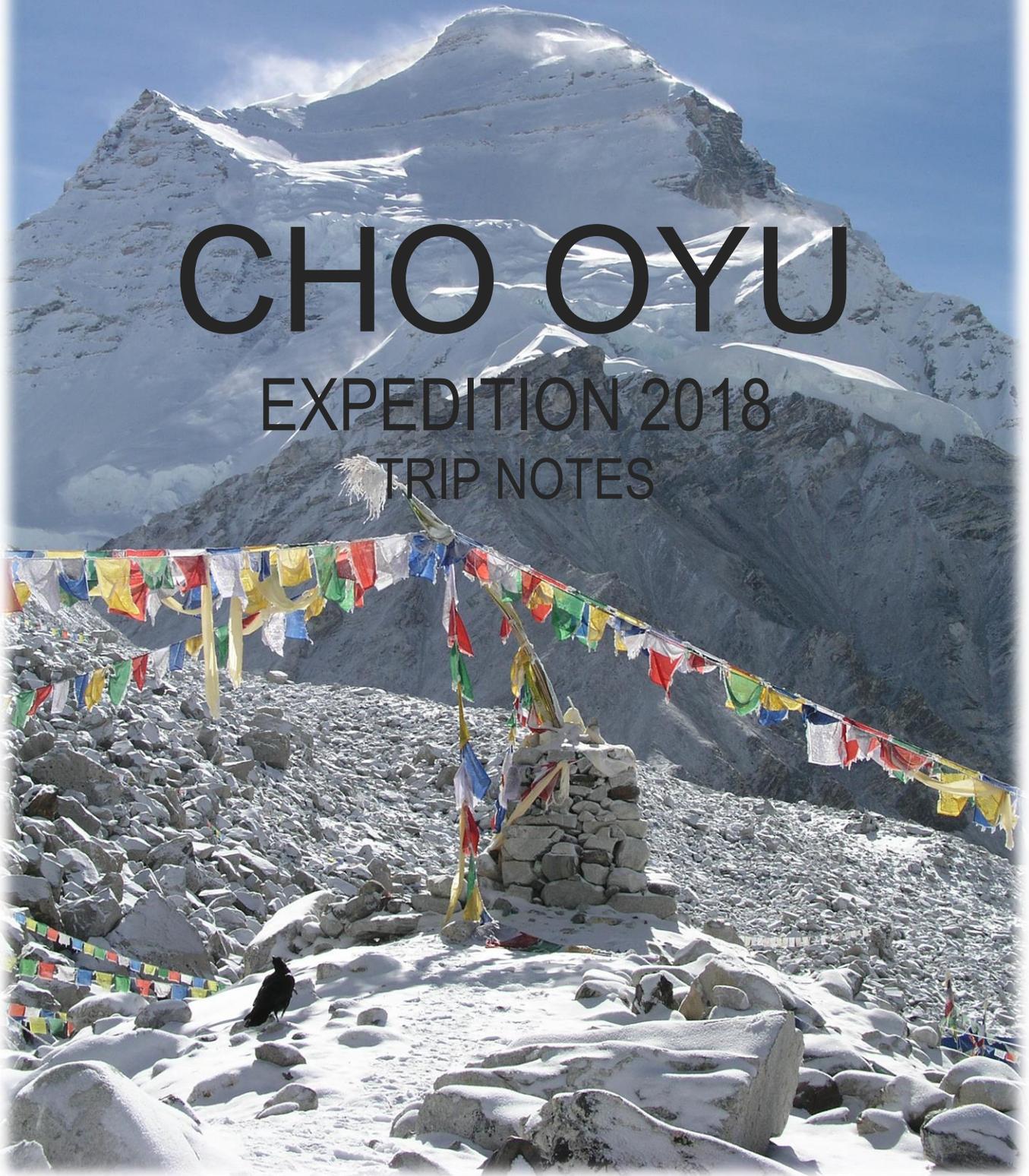




CHO OYU

EXPEDITION 2018

TRIP NOTES





CHO OYU 2018 Expedition Notes

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During the autumn season of 2018, Adventure Consultants will operate its sixteenth expedition to Cho Oyu via the normal route from Tibet. Of the world's fourteen 8,000 metre peaks, Cho Oyu has the highest success rate. This is due to a combination of factors including its easy access. Utilising land transport to the mountain cuts down on the logistical strain that hampers many teams in the Himalaya.

The normal route is not a technically difficult climb and access to the first mountain camp can be gained in trekking boots. However, it is important to recognise that Cho Oyu at 8,201m is still the sixth highest peak on the planet and as such, is a demanding undertaking in even the most ideal conditions.

Expedition Leader

The expedition leader for our 2018 expedition is Dean Staples. Dean is our New Zealand Chief Guide, and he leads both international expeditions and New Zealand mountaineering ascents and courses for AC. A multi-talented IFMGA guide, with over two decades of guiding experience, Dean is a super-friendly guy, with great patience and leadership skills.

Among a multitude of climbing achievements, Dean currently shares the record for Everest summits by a New Zealander, with a total of 9 summits, and has guided on a number of 8,000m peaks including Lhotse, Dhaulagiri, Manaslu, Shishapangma and Cho Oyu.

The Route and How the Expedition Operates

The expedition commences in Chengdu, the capital of southwestern China's Sichuan province. From there we travel by plane to Lhasa where we are met by the staff from the

Tibetan Mountaineering Association. There is time for sightseeing in Lhasa and we begin to acclimatise since Lhasa is at a height of 3,540m. We then transfer to vehicles for the journey overland to the mountain. We stop for a few nights along the way to assist acclimatisation, as the vehicles ultimately take us to 4,800m. From the road's end, it is a two-day trek with yaks carrying the luggage, leading us to the Base Camp at 5,650m. This is a spectacular spot set across from the famous Nangpa La Pass.

The route to Camp One follows the moraine up the main glacier and turns off to the east up a tributary glacier after a two-hour hike. After a steep climb up the scree and snow, we are led to the camp at 6,400m. We also use a Camp 1.5 at 6,700m.

From Camp One, the route follows a moderate snow and ice ridge before leading through a small ice serac and out onto a broad plateau. Camp Two is situated at 7,000m in a 'football field' looking up at the summit region. From Camp Two, a 30-degree snow climb leads directly up to Camp Three at 7,400m.

The summit climb from Camp Three will take around 12 hours return for most members and involves climbing through a short rock band just above the top camp before heading into an open couloir, which in turn leads to the summit plateau.



Climbing high on Cho Oyu. Photo Mike Roberts

A small team of Sherpas will accompany the expedition to provide the real 'carrying power' and ensure the high camps are well stocked for the summit climb. The climbing plan involves several trips up the mountain as far as Camp Two for acclimatisation, punctuated by some rest days at the Base Camp.

The summit climb will take place at the end of September/ early October during the best weather window. Two bottles of oxygen will be available for each member for the summit climb. All members will be accompanied by guides and Sherpas during the summit day.

Expedition Members

We get a wide range of experience levels and nationalities on our expeditions and our planning and logistics are geared to accommodate this. People without a lot of high altitude experience often experience trepidation about their performance before a trip and the only way to find out how you will perform is by going to altitude. Increasingly we find that accomplished high-altitude climbers are using our services, so they can concentrate on their sponsorships rather than organising private expeditions.

We recommend to aspiring high altitude climbers that the best approach is to climb gradually higher peaks throughout your career so you can adjust to the requirements of

altitude. However, anyone who is a strong and active mountaineer will most probably experience few problems at altitude under our supervision.

Level of Skills Required

There is no definite measure for assessing the required skill level to climb Cho Oyu, so we prefer to discuss this on an individual basis. However, there are some broad guidelines that can be applied from the outset.

A successful team member will have been visiting the mountains for at least three seasons and made ascents of peaks up to 5,500 - 6,000m (18-20,000ft). It is quite common for members to have previously climbed Denali in Alaska, Aconcagua in South America or various Mexican volcanoes as training for Cho Oyu. They will be familiar with crevasse travel techniques and have a good overall standard of fitness. Age itself is no barrier. To date, we have succeeded on Himalayan trips with members aged from 22 to 65 years of age.

A fierce determination and a burning desire to climb the mountain are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision-making required during the climb, but still, you will have to physically put one foot in front of the other to climb to the top and back.

Visas

Expedition members will be required to obtain visas for both Nepal and China. You will need to apply for your Chinese Tourist Visa at your nearest Chinese Embassy and Adventure Consultants will provide the necessary documents to assist with this process. It generally takes four days for the Embassy to process your visa, although some countries also offer a fast-track service. The expedition will then begin in Chengdu, where the travel permit for Tibet will be obtained easily in a one-day service, before flying to Lhasa the following day.

Nepal visas can be organised by a Nepalese Embassy or Consular Office in your own country prior to departure, online or at the Nepalese border. Currently, the easiest and best place to obtain a visa is on arrival at the border. Visa application forms can be downloaded off the internet and we will also send you a copy. If you choose to get your visa at the border, you will need to bring one passport photo with you.

Flight Information

Regular flights operate into Chengdu via Hong Kong, Singapore, Bangkok, Shanghai and Guangzhou; and out of Kathmandu via Bangkok, Hong Kong, Singapore, Doha and Delhi.

Please note that delays can occur, therefore it is important to allow some flexibility with airline travel arrangements at the end of the expedition and ensure that the ticket you purchase can have changes made to it in case of delays. Tickets purchased over the internet and using air miles are often non-transferable, so please be aware of this.

Itinerary

August 30 - October 12, 2018

Aug	30	Arrive Chengdu
	31	Gear checks and briefing in Chengdu, obtain Tibet Travel Permit
Sep	1	Fly to Lhasa
	2	Sightseeing in Lhasa
	3	Drive to Shigatse
	4	Drive to Tingri
	5	Rest day in Tingri
	6	Drive to road end Base Camp
	7	Rest/acclimatisation at road end (4,800m)
	8	Rest/acclimatisation at road end (4,800m)
	9	Trek to Valley Camp (5,300m)
	10	Trek to Base Camp (5,650m)
	11	Rest at Base Camp/organise equipment
	12-28	Establish high camps and acclimatise
	29 – Oct 6	Summit climb
Oct	7	Return to Base Camp
	8	Pack equipment
	9	Trek back to road end and drive to Tingri
	10	Drive to Nepalese border
	11	Drive to Kathmandu
	12	Depart from Kathmandu

Expedition Fee

The cost of the expedition ex Chengdu is US\$30,500.

This is an inclusive cost and covers the following:

- Chinese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Land transport in Tibet and Nepal
- Flight to Lhasa from Chengdu
- All team equipment & two and a half bottles of oxygen
- All expedition staff, including western guides at 1:4 ratio and Sherpa support
- All food after departing Chengdu and before arriving in Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical kit
- Regular written and photo internet dispatches for families and friends to follow your progress
- dZi Foundation support for their “revitalize a village” programme – likely to include support for a Nepalese child’s education for a year

The expedition fee **does not** include the following:

- Air travel to China and from Nepal and airport taxes
 - Entry visa for Nepal and China
 - Hotel accommodation and meals in Chengdu and Kathmandu
 - Purchases of bottled water while on the approach trek, gifts, alcohol (we supply boiled water for drinking)
 - Any costs associated with early departure from the expedition
 - Personal clothing and equipment
 - Personal travel / trip cancellation / rescue insurance
 - Gratuities
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Deposit

A non-refundable deposit of US\$2,000 is payable to secure a place on the expedition.

Balance

The balance is payable 90 days prior to trip commencement.

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0000**
Account Type: **US Dollars**
Swift Address: **BKNZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can also accept your deposit by credit card (Visa, Mastercard, Amex), and your balance payment by credit card plus a 3% credit card fee.

Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89 - 60 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation insurance and can be obtained from your normal travel agent.

Team Membership

The team will have a **maximum size of 12 members and 3 guides**. A team of between 3 - 6 climbing Sherpas will carry loads and support the summit climb and we will have a cook at Base Camp.

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. Our Base Camp set-up and ample, nutritious meals are always the envy of other groups on the mountain!

Equipment List

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided.

Medical Examination

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and asked to visit their family physician and receive a full medical examination. This information will be sighted only by the expedition leader and our medical adviser and treated with full confidentiality.

Documentation and Photographs

Expedition members will need to provide 6 passport photographs for various climbing and trekking permits and a copy of their passport bio-data page.

The Advantages of Climbing with Us

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best backup and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical backup.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to Join This Expedition

If you would like to join our Cho Oyu Expedition, please complete our online application form at <https://www.adventureconsultants.com/expeditions/8000m-peaks/cho-oyu/book-now> and submit your trip deposit. Please also contact us if you'd like any further information or assistance in planning your trip:

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Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programs. Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

