



Cho-oyu Expedition - Itinerary

1. Arrival in Kathmandu (1350m)

Welcome to Kathmandu! Our airport representative picks you up from airport and transfers you directly to reserved hotel. A small meeting will be held in the evening to introduce with climbing guides and other staffs. Also, we discuss about the upcoming adventure depending upon your arrival time.

2. Kathmandu Sightseeing & Preparation

For the day time, you explore historically important monuments and heritages of Nepal while we prepare necessary equipments and gears for your smooth climb. Climbing equipment is inspected by licensed climbing guide and then only after his/her approval we finalize the gears to be equipped. Late in the evening, depending upon the situation, you take basic training of peak climbing.

3. Fly to Lukla (2800) and trek to Phakding (2610m) – 34 min & about 5 hrs

We take dramatic flight to Lukla, one of the best parts of the trip. Lukla is famous as the village of Sherpa's. Upon arrival, we arrange loads and commence our journey further ahead. Journey passes through Dudh Koshi ("Milk River"), and finally after hours of trek we reach to Phakding. Here, you can take rest to acclimatize or visit local monastery nearby. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

4. Trek to Namchhe Bazaar (3440m) – about 6 hrs

From Phakding, we trek to Namchhe Bazaar. The trail is uphill with downhill combined of crossing rivers and bridges. This way, our trekking permits are checked and pass some famous suspension bridge as well. Namche Bazaar is the main administrative and trading centre for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest, it helps you to control the anticipation of the thrilling journey. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Namchhe Bazaar: Acclimatization

The acclimatization is best done with the hike that is by hiking up to the valley of Bhote Koshi River ("River from Tibet") because according to the experts of mountains, they say that staying idle for the acclimatization is not good for the body. Therefore, we remain active throughout the day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Trek to Dole (4200m) 5-6 hrs

We trek to Dole from Namchhe Bazaar after acclimatization. It becomes easy for us to adjust with the trail after the acclimatization. The trail that we are about to take beautifully showcases Sherpa villages as we trek from Pangla and Luza. Amazing mountain views and mainly Sherpa villages are the highlights of today's

trek. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Trek to Machhermo (4470m)

Through the forest of Rhododendron and passing several summer measures and grazing land takes us to Machhermo. Today, you see stunning view of Cho Oyu in front, this is sure shot to make you delighted and also build up the real anticipation to conquer the peak – Cho Oyu. You can see Thanmserkhu and Khantega from here. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Trek to Gokyo Lake (4790m)

We move to Gokyo Lake. Passing through the charming trail to Pangka, we go uphill on a vertical rock by the face of the glacier. We then envelop up the first, second and third lakes gradually. Then we reach marvelous and enclosed Gyachung and Cho Oyu dominating the shades in of the beautiful lake. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Trek to Mt Cho Oyu Base Camp

We trek to Mt. Cho Oyu Base Camp from Gokyo. We wake up early in the morning and then proceed toward the elevation of 5700 meter from 5000 meter. From here, we start our climbing journey to Mt. Cho Oyu (8210m). Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Rest day for preparation/acclimatization

We acclimatize here and make ourselves comfortable with new altitude. Sitting idle is not a proper acclimatization according to the experts so we stay active throughout the day. We practice techniques and learn new moves to successfully excel Mt. Cho Oyu. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Summit Mt Cho Oyu Expedition (8,201m) & return to BC Trek back to Gokyo

We trek back to Gokyo from the base camp. As we trek back you can see amazing views of mountains and get immense pleasure. Exploring around and learning new information from guides, we make our trek back to Gokyo. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Trek to Dole

Overlooking the snow-capped mountains of Shanasa, we go through the loop of Namche Bazaar. We descend downhill to Mongla then from Phortse Thangna. This is amazing trail with views of mountains and villages with different culture and fairly spread tea houses offering basic servings. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Trek to Namche Bazaar

We re-trace back from the same trail as we had made previous journey. We stop at Namche Bazaar for amazing views of mountains in populated small settlement. You can roam around the village, talk with the locals, shop for handmade things and make new friend in Himalaya. Meals included: Breakfast, lunch and

dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Trek to Phakding

We trek to beautiful village Phakding with green sceneries and humble villagers. This is our second last trekking of the trip so make most out of it because after this, we are going to the hustle and bustle of civilization of Kathmandu and live city life. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Trek to Lukla

Descending steeply downward we take slow walk across the rocky terrain. Then we cross the suspension bridges over Dudh Koshi and take quite and charming route. The trail is same as we trekked uphill but the sceneries appear different and the rhododendron & pine forest makes this trail even interesting. You can see Sherpa culture with prayer stones and flags in the monasteries once you arrive Lukla. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Flight to Kathmandu – 35 min

We take scenic flight back to Kathmandu. And you can do shopping or buy souvenirs for your friends and family. Better you can relax, have some massage and dine the best meals of the city in some of the best restaurants. We organize small get-together with Sherpa's, climbing guides and other office staffs to celebrate our successful climbing with especial dinner program in Kathmandu.

17. Departure/Farewell

After winding up a successful trip, our representative drops you off to the airport for your further journey. You are dropped to the airport around 3 hours before the departure so that there may not be any delays. Have a safe journey!

INCLUSIONS

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.
- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.
- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

URL: <https://sunriseadventuretrek.com>