

Autumn 2023 Cho Oyu Climb and Tibet Trek

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Thanks for your interest in our Cho Oyu Expedition! Cho Oyu is the 6th highest mountain in the world (8,201m) and is a classic Himalayan climb. IMG was one of the very first 8000m Himalayan operators to run Everest, Cho Oyu, and Shishapangma expeditions in Tibet. Since 1995 we have seen 262 climbers reach the summit of Cho Oyu with our IMG teams on the 28 expeditions (26 successful) that we have conducted via the original 1954 route. We're proud to have the best climbing record on the mountain. Our programs are recognized worldwide as well organized with first-rate logistics and experienced leaders. The IMG Team is here to help you with your plan to climb Cho Oyu!

We have a limited number of spaces for trekkers on this team, please contact us for more information if you wish to accompany the expedition, Strong, experienced trekkers may opt to hike all the way to Camp 1 which is OVER 20,000 feet (as a day trip, but not spend the night there). Then head to Rongbuk (Everest BC) for classic views of the North Face, in the footsteps of Mallory! If you are looking for a challenging trek, this is it!

Please [contact us](#) if you have further questions or would like to discuss different options.

We look forward to hearing from you!

Eric Simonson
IMG Himalayan Programs



Cho Oyu from ABC with the route visible (Ang Jangbu Sherpa)

Cho Oyu: Just The Facts

Summit:

26,906' • 8201m

Set Your GPS:

28°, 06' N • 86°, 39' E

Size Does Matter:

Cho Oyu is the 6th highest mountain in the world.

First Boot-Prints on Top:

In 1954, an Austrian expedition of Herbert Tichy, Joseph Joechler, and Sherpa Pasang Dawa Lama made the first ascent, without oxygen, making it the third 8000m peak climbed, and the first to be done alpine style.

Hope They Brought a Jacket:

A Polish team made the first winter ascent of Cho Oyu in 1985 which was the first winter ascent of an 8000m peak.

By Any Other Name:

Some believe that in ancient times, Padma Sambhava, Buddhism's only "saint," wrote texts with messages to save earth from chaos and buried these texts on Cho Oyu. The lamas call those texts Cho. Oyu means "turquoise," possibly for the shade of the peak's ice or the lakes surrounding it. Cho Oyu is generally translated from Tibetan to mean "Turquoise Goddess".

Like Route 66, But Different:

A famous trade route once crossed Nangpa La pass, just west of Cho Oyu, and very close to Advanced Base Camp. From Tibet, salt was brought over this pass to Namche Bazaar to exchange for grain.

AUTUMN 2023 CHO OYU EXPEDITION ITINERARY

Day	Date	Climbers	Trekkers
1	Saturday, August 26, 2023	Arrive Kathmandu	Arrive Kathmandu
2	Sunday, August 27, 2023	Gear Check/Contingency Travel Day	Gear Check/Contingency Travel Day
3	Monday, August 28, 2023	Visa day 1	Visa day 1
4	Tuesday, August 29, 2023	Visa day 2	Visa day 2
5	Wednesday, August 30, 2023	Visa day 3	Visa day 3
6	Thursday, August 31, 2023	Fly Kathmandu to Lhasa	Fly Kathmandu to Lhasa
7	Friday, September 1, 2023	Lhasa: tour of Potala Palace and Jokhang Temple	Lhasa: tour of Potala Palace and Jokhang Temple
8	Saturday, September 2, 2023	Lhasa: tour of Sera Monasteries and Norbu Linka	Lhasa: tour of Sera Monasteries and Norbu Linka
9	Sunday, September 3, 2023	Drive to Shigatse via Yamdrok Lake	Drive to Shigatse via Yamdrok Lake
10	Monday, September 4, 2023	Acclimatization hike in Shigatse	Acclimatization hike in Shigatse
11	Tuesday, September 5, 2023	Drive to Tingri	Drive to Tingri
12	Wednesday, September 6, 2023	Acclimatization hike, overnight Tingri	Acclimatization hike, overnight Tingri
13	Thursday, September 7, 2023	Drive to Base Camp	Drive to Base Camp
14	Friday, September 8, 2023	Acclimatization hike	Acclimatization hike
15	Saturday, September 9, 2023	Acclimatization hike	Acclimatization hike
16	Sunday, September 10, 2023	Acclimatization hike	Acclimatization hike
17	Monday, September 11, 2023	Trek to Interim Camp	Trek to Interim Camp
18	Tuesday, September 12, 2023	Trek to ABC	Trek to ABC
19	Wednesday, September 13, 2023	Acclimatization day	Acclimatization day
20	Thursday, September 14, 2023	Acclimatization hike	Acclimatization hike
21	Friday, September 15, 2023	Acclimatization hike	Acclimatization hike
22	Saturday, September 16, 2023	Climb to Camp 1 for sleep	Climb to camp 1, descend to ABC
23	Sunday, September 17, 2023	Climb up towards the Ice Cliff, return to C1 for sleep	ABC rest
24	Monday, September 18, 2023	Climb above the Ice Cliff and sleep at Camp 1.5 (21,700' /6615m)	Drive to Rongbuk
25	Tuesday, September 19, 2023	Climb to Camp 2 and return to Camp 1 for sleep	Return to Tingri
26	Wednesday, September 20, 2023	Return to ABC	Drive to Kyirong
27	Thursday, September 21, 2023	Rest	Cross border and drive to Kathmandu
28	Friday, September 22, 2023	Rest	Day in Kathmandu
29	Saturday, September 23, 2023	Rest	Fly home
30	Sunday, September 24, 2023	Rest	
31	Monday, September 25, 2023	Rest	
32	Tuesday, September 26, 2023	Climb to Camp 1	
33	Wednesday, September 27, 2023	Climb to Camp 2 (climbers with Extra Oxygen start below C2)	
34	Thursday, September 28, 2023	Climb to Summit on O2 and descend to C2 or C1	
35	Friday, September 29, 2023	Return to ABC	
36	Saturday, September 30, 2023	Contingency	
37	Sunday, October 1, 2023	Contingency	
38	Monday, October 2, 2023	Contingency	
39	Tuesday, October 3, 2023	Contingency	
40	Wednesday, October 4, 2023	Depart ABC for Kyirong	
41	Thursday, October 5, 2023	Cross Border and drive to KTM	
42	Friday, October 6, 2023	Fly Home	

Program Overview & Cost

Note on Trip Dates: Dates are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu at the end of the trip. The ending dates for the Cho Oyu CLIMB are flexible, depending on weather and conditions. Normally climbers will change their departure flights from Kathmandu when they know exactly when the expedition is going to end. We encourage you to come into the climb with patience and flexibility. We will be working hard to set ourselves up for a successful summit attempt and sometimes, that takes a little more time to get the weather.

CLASSIC CHO OYU SUMMIT CLIMB.....\$29,500

August 26 – October 5, 2023

This is our Classic IMG Cho Oyu program, designed for experienced climbers who want to enjoy the structure and leadership of a top-notch program, yet maintain some personal flexibility. Climbers joining our summit program will receive full logistics support for their climb with oxygen starting with the overnight at Camp 2. If you are thinking about trying to climb Mt Everest, there is no better training than Cho Oyu!

ADD PERSONAL SHERPA & EXTRA OXYGEN OPTION.....Additional cost: \$7,500

In addition to the all the benefits and Sherpa support that goes with our Classic Cho Oyu program, we will also assign exclusively to you one of our very best Sherpas, who has summited Cho Oyu and Everest, been through the Khumbu Sherpa climbing school, and who speaks English. As a small two-person team, you will be able to take advantage of the “best of both worlds” with all the horsepower of the main IMG team at their disposal, but also having the additional flexibility of your own dedicated climbing partner. Your personal Sherpa will also be available to help carry your personal gear to the higher camps. In addition, we will provide extra oxygen so you can start using oxygen above the ice cliff during your summit rotation.

TIBET TREK with CHO OYU CLIMBERS\$9,500

August 26 – September 22, 2023

Visit the famous city of Lhasa to experience the Potala Palace, Jokhang, the Sera Monastery and Norbu Linka at the beginning of the trip and then head to Shigatse for a tour of the Tashi Lunpo Monastery. After acclimatizing with our climbing team in these two cities, you will then travel to Cho Oyu Base Camp and trek to Advanced Base Camp (18,500'). It is possible for trekkers to climb to Camp 1 for the day (over 20,000 feet/6000m) but not to overnight there. We will then move on to Rongbuk (Everest BC) for one night. After Rongbuk, the trek team will head back to Tingri and onto the border of Kyirong where they will enter Nepal and return to Kathmandu. There are very few treks in the world that you will be able to enjoy this much culture, trek to over 20,000' and view two 8000 meter mountains (Cho Oyu and Everest)!



Trekking toward Advanced Base Camp (Dallas Glass)

Program Fees and Payment Schedule

Registration: Please review, complete and submit the [IMG Application package](#) and payment.

Payment Schedule:

	Cho Oyu Climb	Tibet Trek
With Application	\$5000	\$1500
180 Days Prior	\$5000	\$1500
120 Days Prior	Balance of fees	Balance of fees

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

Costs included in trip fee:

- Airport transfers to/from hotel in Kathmandu, all ground transportation in Nepal & Tibet
- Double occupancy hotel in Kathmandu for stated itinerary at beginning of expedition (includes breakfast)
- Group "Welcome" dinner in Kathmandu
- All Park Fees and Climbing Permit Fees
- International flights to/from Lhasa
- 1:1 ratio between Western Leader(s) and Sherpa climbers vs. participants
- Sherpa guides, climbers and cook staff
- Camp equipment including sleeping tents, dining facilities, cooking gear and fuel
- VHF radios
- Climbing route equipment
- Climbing oxygen starting at Camp 2
- Oxygen regulators and masks
- First aid kit
- Gamow bag

Costs not included in trip fee:

- International flights to and from Kathmandu.
- Airport taxes and entry visa for Nepal and Tibet
- Travel expenses and hotels before the stated itinerary and in the event of unforeseen circumstances including weather delays or costs incurred as a result of events beyond the control of IMG
- Single supplement accommodations
- Hotels and meals in Kathmandu at conclusion of program (we can assist in making hotel reservations)
- Helicopter flights from the Kyirong border to KTM if you choose to depart this way (Estimated cost from Kyirong to KTM is approximately \$1,500 per helicopter (Heli can carry up to 4 people with luggage))
- Personal gear
- Excess baggage charges
- Sherpa tip pool (we suggest \$500 per person for climbers and \$300 per person for trekkers)
- Satellite telephone charges
- Personal sundries and beverages
- Required travel insurance (medical, evacuation, trip cancellation, etc.)
- Customary but optional extra tip money for your personal sherpa

REQUIRED rescue and medical insurance: We require that you be able to pay for your evacuation, in case you get sick or injured. For this reason, Travel Insurance is required for your program and recommendations are listed on our website: <https://www.mountainguides.com/travel-insurance.shtml> For some rescue charges in Tibet *you may be required to pay for this upfront, and then file a claim for reimbursement.* Some insurance companies may require that you be hospitalized or evaluated by a doctor before they will agree to pay. For example, if you require evacuation from Base Camp and your insurance company does not agree to pay upfront for your evacuation you must have cash (for a jeep ride to the Nepal border) and available credit on your Visa or MasterCard (for a charter helicopter flight from the Nepal border to Kathmandu).

When purchasing a Travel Insurance policy, Cho Oyu Climbers should extend your coverage to include your return flight back to your home to allow for contingency days.

Credit cards are charged an additional 4% service fee by helicopter companies in Nepal (if you fly from the Nepal border to Kathmandu). In addition to the required Travel Insurance we strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before the trip starts) or interruption (after trip starts). Note, the "Cancel for any Reason" policies commonly require that you insure ALL your expenses. Climbers – please double check that your policy includes coverage for high altitude mountaineering. Cho Oyu trekkers will not use ropes and crampons, so no need for "mountaineering" coverage.

Travel to Nepal and Tibet: Once you are confirmed, we will follow up with additional information pertaining to travel to/from Kathmandu and Lhasa. If you are interested in checking flights to Nepal and prices, we have had many of our climbers and trekkers use [Qatar Airways](#). They have multiple flights every day in/out of Kathmandu via Doha and they fly from a number of major cities in the USA.

Passport: Your passport must be valid for 6 months after the trip and have a minimum of two blank pages. **You must enter Nepal and Tibet on the same passport that we use to obtain your climbing permit.**

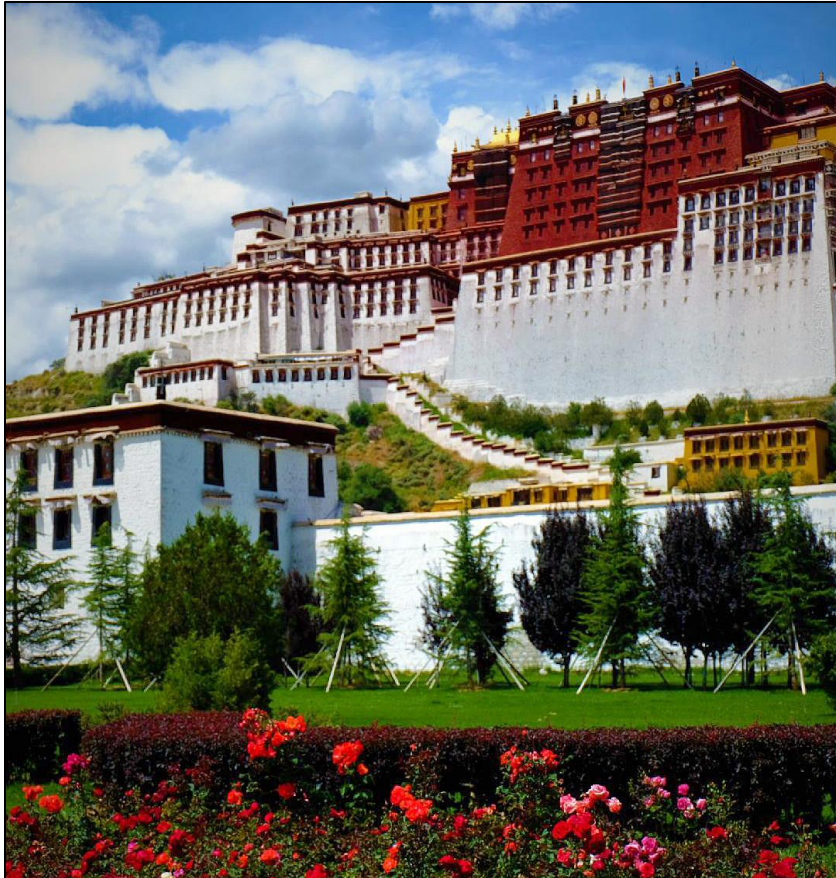
Nepal Visa: Advanced visas are not required for entry into Nepal, but you can start the visa process online and simply pay on arrival at the airport in Kathmandu, where you will need to purchase a short-term Nepal tourist visa (\$30). You will need to do this again (need another \$30 plus a color passport photo) when you return to Nepal after visiting Tibet).

Chinese Visa & Tibet Travel Permit: For the Tibet visa (approximately \$200 plus another color photo), we will assist you with the visa form in Kathmandu. An example of what your photos should look like can be found here: <https://in.usembassy.gov/u-s-citizen-services/passports/photos/> We will submit the Chinese visa and Tibet Travel Permit applications on behalf of the team members in Kathmandu, after we collect your passport, visa fees, and validate your visa paperwork.

IMPORTANT: You MUST arrive in Kathmandu on or before the specified day on the itinerary, because your passport must go in with the group documents for the visa on the Chinese Embassy visa day. Some people may have multiple passports for different countries. **You must enter Nepal and Tibet on the same passport that we use to obtain your climbing permit.** The Tibetan Visa and permit process takes approximately 3 days to complete and during this time we will explore Kathmandu and prepare for the expedition.

Tibet Trek

If you are interested in joining the Cho Oyu expedition but not interested in climbing an 8,000m peak, we've added a very unique trek option for fit and adventurous travelers. The Trekkers will travel with the climbing team from Kathmandu to Lhasa by air and will return to Nepal via the newly open road via Kyirong, Tibet and Dunche, Nepal. Three nights in Lhasa allow for exploration of the Potala, Jokhang, Barkhor, and other sites. Then, it is off to Shigatse and Tingri via Landcruiser. After a couple of days of acclimatization hiking, you move up to the Cho Oyu Base Camp (about 15,000'). After several more days at Base Camp, with hiking each day for good acclimatization, we move up to Advanced Base Camp (about 18,500') with the team and the yaks. It takes at least two days of rugged hiking to get to ABC, which is near the famous Nangpa La (an old trade route leading to the Khumbu and Namche Bazaar in Nepal).



The Potala Palace, Lhasa (Dallas Glass)

Trekkers stay at ABC for several days for acclimatization and exploration. If desired, you can join the climbers on their first trip up to Camp 1 (over 20,000 feet or 6000m) on rugged but non-technical terrain. You are right at the base of the mountain, surrounded by the big Himalayan peaks. It is awesome scenery!

After leaving Cho Oyu ABC, the trek team will head by jeep to Rongbuk (Everest Base Camp). We have one night at Rongbuk (Everest BC) which will allow our well acclimatized trekkers to enjoy views up the Rongbuk Glacier and the North Face of Mount Everest.

From Rongbuk, the trek team will head to the Kyirong border and on to Kathmandu. You may elect to drive back to KTM or take a short helicopter flight. Driving is nice but the helicopter is much more comfortable and will get you back to KTM much faster.

“After preparing for many months (and years, really) to pursue the dream of climbing big peaks in the Himalayas, I was encouraged to know that the IMG team had prepared even harder than me to make the climb of Cho Oyu a reality. The logistics and equipment were first rate (oxygen apparatus, personal tents at ABC, large dome dining tent, communications tent, caravan of 50 Yaks) all of which made the difference... The guides' and the Sherpas' prior Himalayan experience was extremely valuable and proved to be the difference in having a successful summit bid during a difficult weather season. In fact, many climbing teams this spring left the mountain without ever making a summit attempt, mostly because tactical errors on the mountain and lack of good food weakened them unnecessarily....”

—Tom R.

Expedition Organization and Leadership

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its Himalayan mountaineering programs are organized and directed by Eric Simonson. The IMG teams include a group of professionals and Sherpas who are the best in the business. Since 1990, we have conducted over 60 Himalayan 8000 meter expeditions and over 800 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, Cho Oyu and Shishapangma.

Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summitter, Ang Jangbu has worked on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his staff put together one of the very best Sherpa teams for IMG. We are proud to have a group of Sherpas working for us who are among the best paid, best led, best equipped, and best trained in the business. This includes Phunuru Sherpa, who has now climbed Cho Oyu more times than any other person (18 summits!)

References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you’re considering another climb with us. For those of you who haven’t climbed with us before, we encourage you to interview us thoroughly. We are here to answer your questions, so please do not hesitate to get in contact.

Difficulty

How hard is the summit climb? You need to have solid cramponing skills and be able to rappel with a pack on. You’ll be jumaring on fixed ropes. There is a short, steep section of near vertical ice on the spectacular ridge between Camp 1 and Camp 2 that requires front-pointing skills. Most importantly, you need good common sense and the ability to learn and adapt. Cho Oyu is usually climbed un-roped, so it is common for climbers to move together but at the same time be semi-independent on the mountain between camps.

IMG’s Philosophy

Our goal is to safely help as many team members as possible reach their goal, and we invest in the people and equipment that will make this happen. We value our reputation as the premiere international climbing company, and we only put programs in place that measure up to our own high standards. If you would like to join a world-class team on Cho Oyu, we encourage you to contact us to discuss your goals and qualifications and secure an exciting role for yourself on our expedition!

“I had a great time on the Cho Oyu Expedition. IMG runs a first class operation. I saw no other of the 24+ expeditions on the mountain that even compared in organization, experience and quality... The Sherpas were far and away the best on the mountain... Our Expedition was one of the very few that kept everybody in good shape and condition to get each member to summit day and give each member a realistic shot at the summit. The equipment and organization of IMG in getting us to the mountain and up the mountain without incident attests to a quality organization that few of the other expeditions on the mountain could match. Thanks for putting together such a good expedition and I look forward to climbing with IMG in the future...”

—Chris N.

For more comments from IMG climbers, please see our website at: mountainguides.com/comments.shtml

Things to Consider

Climbing 8,000m peaks in the Himalaya is serious business. IMG is proud of the way we conduct ourselves, and we think we provide the best package available. We encourage you to [contact the IMG Team](#) to discuss in person all the details of our programs. We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together. We do not think you will find any other Cho Oyu climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Cho Oyu.
- **IMG** complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Base Camp is top-notch, our enthusiastic cooks do a great job, and our menus are well considered. It makes a difference! Some of the amenities we offer include: a gas-powered hot shower, a shower tent, individual tents at base camp, excellent base camp food which often includes fresh baked goods, sushi, and tempura by our trained cooks, western snack food, thick foam pads for sleeping, etc. We feel these small comforts go a long way in making our clients more at home at base camp and allow them to relax and focus on their climb.
- **IMG** itineraries are longer than most others offered on the market, and we allow enough time for a second attempt, if necessary. We know how to acclimatize properly, and we don't rush.
- **IMG** brings advanced technology to the mountain. All Sherpa will be issued a VHF walkie-talkie radio and will be climbing with the team. Solar power at Base Camp quietly supports your Kindle and Music player as well as our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will post regular internet dispatches and/or send regular e mail updates to keep friends and families apprised of the climbers' progress.
- **IMG** provides its state-of-the-art proprietary oxygen system to every summit climber. 1800 liters of oxygen will be placed at Camp 3 for use during the summit bid. Additional oxygen will be available for sleeping at C3 as well as emergency and backup.
- **IMG** maintains a full team medical kit at base camp and bring appropriately sized kit up with us to higher camps so we can properly deal with medical situations should they arise. We supply a gamow bag, pulse oximeter, and extra medical oxygen for emergencies.

“John kept this diverse group together through the trip. The Sherpas were awesome and all the clients felt they were the strongest and most organized on the mountain. Pemba did a great job of keeping us healthy which was a real factor in making the summit. Ang Passang read the weather patterns perfectly allowing IMG clients to attempt the summit in good conditions. Kami with whom I summited was great... All IMG 2001 fall clients had the opportunity to make the summit, which was not the case for other teams on the mountain...”

—Reid C.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Cho Oyu Personal Equipment Checklist

Please refer to the **Gear List on our website:** <https://www.mountainguides.com/cho-oyu-gear.shtml>

This equipment list is meant to help you compile your personal gear for your high-altitude trip. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items. Don't cut corners on the quality of your gear.

Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Covid-** may be required for travel in some areas
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Rabid animals are occasionally encountered in China.
- Malaria** – Not necessary unless you plan on traveling, for example, to certain parts of Thailand before/after the trip...then malaria chemoprophylaxis is recommended.

We recommend that you visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check the Center for Disease Control Website at cdc.gov