

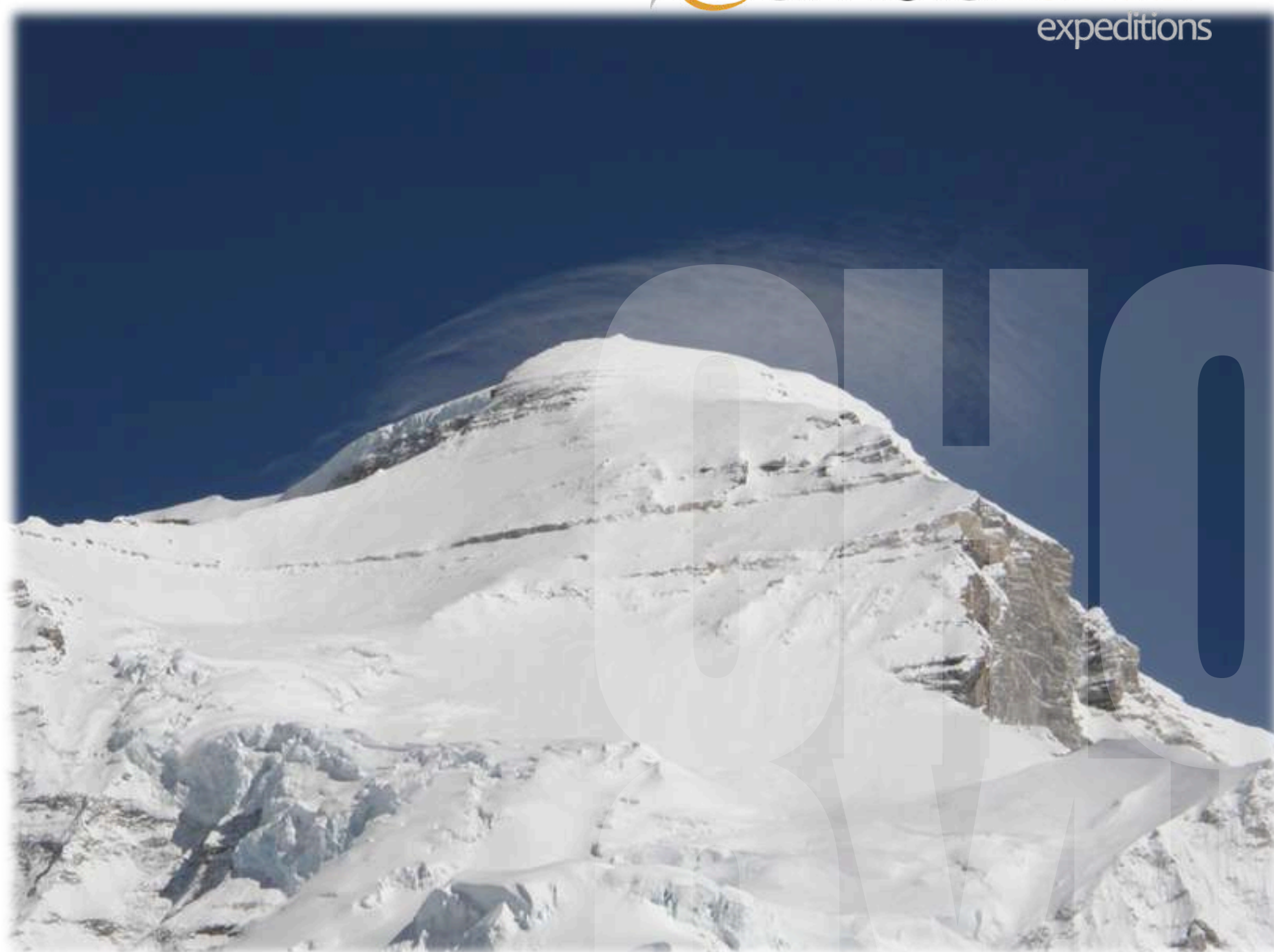
# CHO OYU

AUTUMN EXPED 2026

**8188M**  
Max. Elevation

**36 DAYS**  
Exped. Duration

TIBET SIDE



# OVERVIEW



Known as the “Turquoise Goddess,” Cho Oyu offers climbers a perfect introduction to high-altitude mountaineering above 8,000m, combining extreme altitude with a relatively non-technical route. The standard ascent follows the Tibetan Northwest Ridge, featuring broad snow slopes, minimal objective danger, and fewer technical sections compared to other Himalayan giants, making it an ideal first 8,000m expedition for well-prepared climbers.

The expedition begins with a scenic journey to Tibet via Kathmandu, followed by gradual acclimatization through carefully planned rotations between Base Camp and high camps. This approach allows climbers to adapt safely to altitude while enjoying spectacular views of Everest, Lhotse, Makalu, and Shishapangma along the way. Thanks to regulated access by the Chinese authorities, Cho Oyu experiences far less crowding than peaks like Everest or Manaslu, offering a quieter, more remote, and genuinely expedition-style experience in one of the world’s most dramatic mountain landscapes.

**15 JUNE, 2026**

Signup Deadline

**TIBET SIDE**

Approach via Kathmandu

**\$ 39500 USD**

**PRICE PER PERSON**

# WHY CHO OYU?

## SUPPORT

Every climber is assigned a 1:1 personal Sherpa for summit day to maximize safety and success.

## WEATHER INTELLIGENCE

The team uses professional, paid weather forecasts with a 20-year track record of accuracy.

## SUCCESS RATE

With a very high success rate and low objective dangers among 8,000m peaks, Cho Oyu is often considered the most practical and rewarding choice for climbers aiming to step into the elite world of extreme altitude.

## THE EXPERIENCE

Stricter permit regulations since 2018 have made the mountain less crowded and more exclusive than other peaks.

## STUNNING VIEWS

The summit rewards climbers with sweeping views of Everest, Lhotse, and Makalu, offering one of the most awe-inspiring panoramas in the Himalayas.

## EASE OF ACCESS

Straightforward overland access from Kathmandu leads to a high Advanced Base Camp (ABC), which shortens the distance to the summit.



# ARNOLD COSTER



***Meet Your Expedition Leader:  
A six-time Cho Oyu summiteer  
with over 25 years of  
Himalayan experience, Known  
for his calm, approachable  
leadership style & has led  
over 100 successful  
expeditions***

# EXPED

**LEADER**



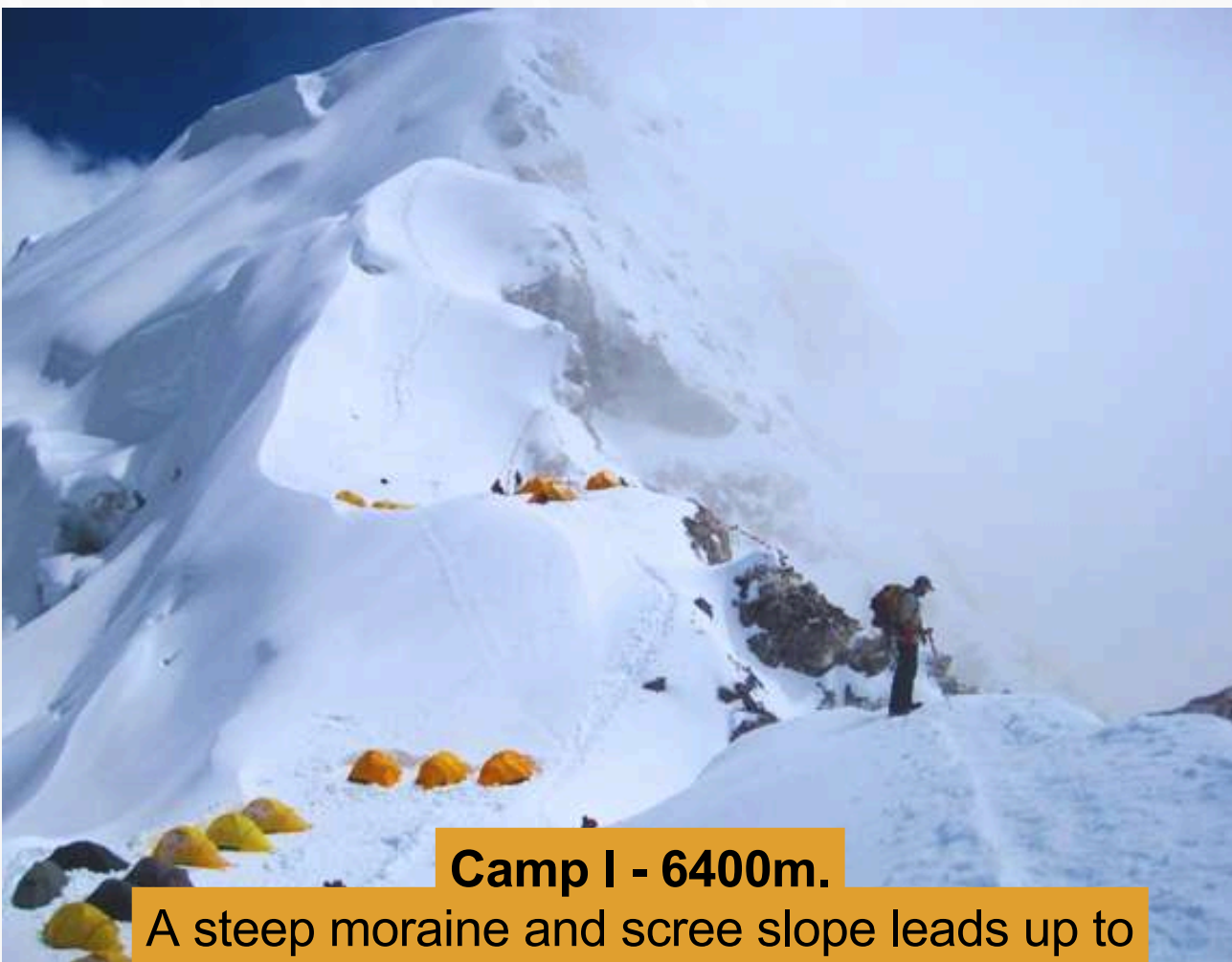


# CHALLENGES





# CLIMBING STRATEGY



**Camp I - 6400m.**

A steep moraine and scree slope leads up to the glacier. The camp sits at the base of a snow ridge



**Camp II - 7000m.**

Long, gradual snow slopes and moderate ice sections. This is a key acclimatization camp.



**Camp III - 7500m.**

Located below the final summit face, exposed to wind and cold. Most teams rest briefly here before a summit push

**NORTHWEST RIDGE**

*Trip*

# ITINERARY

## Phase 1

Arrival

### Day 01

Arrival in Kathmandu and transfer to the Hotel (1,400m)

### Day 02

Tibet Visa Preparation day in Kathmandu

### Day 03

Apply for Tibet Visa with original Passport.

### Day 04

Rest in Kathmandu and wait for Visa Approval

### Day 05

Drive from Kathmandu to Timure

## Phase 2

Departure to Trek

### Day 06

Cross the boarder of Nepal and drive to Kerung (1962m)

### Day 07

Derive from Kerung to Thingri (4300m)

### Day 08

Tingri : final checks, acclimitization

### Day 09

Drive from Tingri to Cho Oyu Base Camp (4900m)

### Day 10

Cho Oyu Base Camp Rest & Orientation



## Phase 3

Trek to BC

### Day 11

Trek from Cho Oyu Chinese Base  
Camp to Intermediate Camp (5400m)

### Day 12

Intermediate Camp to Advance Base  
Camp (ABC) (5700m)

### Day 13-14

ABC : Rest, Light Hikes and equipment  
shorting

### Day 15

ABC to Recon/Carry to Camp 1  
(6300m - 6400m) (Touch & Go)

### Day 16-17

ABC to Camp 1 (move higher) Return  
to Base ABC (Recover)

### Day 18

Rest in ABC

## Phase 4

Acclimitazation

### Day 19

ABC to Camp 1 and sleep there

### Day 20

Camp 1 to Camp 2 (7200m) - establish  
C2

### Day 21-23

Rest in ABC in preparation for summit  
push.

### Day 24

Climb to C1 (6400m) & sleep.

### Day 25

Climb to Camp 2 & sleep

### Day 25

Climb to Camp 2 & sleep

### Day 26

Climb to Camp 3 & sleep



## Phase 5

Summit

### Day 27

Contingency day if something didn't go as planned or rest in Camp 3

### Day 28

Summit Day (Camp 3 → Summit  
8188m → Camp 3/2)

### Day 29

Rest & Contingency Day

### Day 30

Descend to ABC (safe descent, break down higher camps)

### Day 31-32

ABC (Pack prepare for base camp) to Base Camp (drive/lower porters/yaks)

### Day 33-36

Drive from base camp → Tingri → Kerung → Kathmandu

### Day 37

Celebration, Prepare for departure



# Our Sherpa **TEAM**



## Meet **JEN JEN LAMA**

Our senior guide and is responsible for leading our Sherpa team. JenJen picks all staff members himself so we can teach our staff during the season and off-season also. JenJen is an instructor at the Nepali Guide Association and is busy teaching Sherpa when he is not on climbing expedition. He is a good communicator , motivator and a humble person.





# ADVISE



## INTERNATIONAL FLIGHT CHANGES & BAGGAGE POLICY

Extra days are built into the itinerary for weather delays, early return or summit may require paid flight changes, so flexible or refundable tickets are recommended. Travel light, as airlines have strict baggage limits and high excess fees extra baggage should be pre-arranged when booking. Pack all gear securely in waterproof, locked duffle bags; unused items can be stored at the hotel for your return.

## INSURANCE

Comprehensive insurance covering both mountain rescue and medical treatment is mandatory as there are no official mountain rescue services in Tibet. A copy of your insurance policy must be submitted before departure.

**Global Rescue** is a reliable option, offering evacuation coverage regardless of nationality.

## VISA & PERMIT

Your passport must be valid for at least six months beyond the end date of the trip, and we recommend applying for a 90-day multiple-entry visa.

The Tibet group visa can only be obtained once the entire group is in Kathmandu, through the Chinese Embassy.

# Life at **BASE CAMP**



## **1 SUPERIOR CATERING**

Meals are designed to maintain appetite at altitude, featuring everything from fresh eggs and bacon to yak burgers, pizza, and Dal Bhat.

## **2 FACILITIES**

Both BC and ABC include heated communal dining tents, electric lighting, charging facilities, and hot showers.

## **3 STAYING CONNECTED**

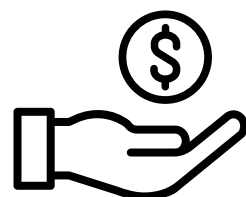
5G mobile signal and internet access are available at both main camps. But the client need to buy their own sim card upon entry in China & also recharge card & personal expenses too.



# LOCAL & hidden costs



Visa cost of Nepal not included in Package Cost



**\$1500 USD** for Summit Bonus & **\$400 USD** (approx.) Staff Tips per person



40 Kg of your equipment gears allowance to ABC

Tipping is essential for the staffs in mountain to appreciate their hard work. **Please bring all tips & summit bonus in cash to BC.**

## SUMMIT BONUS & TIPS Explained

*obligated to pay % of the total*

Summit Bonus after reaching the top (Mandatory)

**100 %**

Summit Push (If a member is on his way for summit push and has to return from any point)

**100 %**

**60-70 %**

After the completion of all rotations and if a member decides not to go for the summit push

# INCLUDED

- All permits, charges, importation taxes and levies payable to the Chinese Government in connection with the expedition.
- **Chinese Tibet group Visa**
- Hotel nights in Kathmandu with breakfast as mentioned on the itinerary (5 nights) and all other accommodation on the road to BC
- All tents, ropes and other communal equipment necessary for the climb.
- Medical safety equipment and supplies.
- Communication equipment (each member will have a radio on the hill), satellite telephone and e-mail facilities, weather forecasts.
- All meals once we left Kathmandu; 3 meals per day + drinks during meals on our drive to Chinese Base camp.
- All food & drinks on the mountain and in Base Camp
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Unlimited baggage allowance to Chinese Base camp and 40 kg baggage allowance to ABC
- Climbing Sherpa support on the mountain each member has 1 Sherpa's.
- Oxygen (5\*4ltrs) and Top Out or Summit oxygen mask.
- Arnold Coster as expert leader

- Air travel to Kathmandu.
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations.
- Food whilst the team is in Kathmandu and “extra’s” that are bought besides the group meals during travel.
- Soft drinks, Alcoholic beverages, mineral water, Barista coffee etc. during our road travel to BC
- Personal expenses like: laundry service, room service, private sightseeing, UNESCO entrance fee Importation taxes incurred by your personal equipment (e.g. Drones & satellite telephone and other High-Tec equipment). Please be aware that Drones require special permits in Nepal & Tibet and this can be expensive to obtain.
- Cost for using 4/5G or WIFI on the way and in BC & ABC, China Mobile sim card etc.
- Personal medical supplies and personal use of communication equipment.
- Extra cost due to an early departure from the expedition
- Tips and Sherpa Bonus.

# EXCLUDED



# BOOKING

At Arnold Coster, we would like to talk to the climber personally before we finalize any applications for the expeditions. We want to make sure that we understand each other completely before we ask for any commitments.

If you would like to book a place on this expedition, you can do so securely by requesting our application form, over the phone or by sending an email on

**[info@arnoldcoster.com](mailto:info@arnoldcoster.com)**



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