



## SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

### Cho Oyu Expedition High Altitude Expedition 26,901 ft. Nepal & China



Join SWS Mountain Guides for an expedition to Cho Oyu, the sixth highest mountain in the world, at 8188 meters (26,901 ft.). It is located on the border of Tibet (China) and Nepal about 20 km to the west of Mount Everest. Just west of Cho Oyu, at about the location of ABC (advanced base camp), is the Nangpa La, a 5500 meter glacier pass which is a major trade route between the Khumbu Sherpas and Tibet. Long caravans with yaks can be seen here at all times of the year. Some climbers claim that Cho Oyu is the easiest 8000 meter peak, if any 8000 meter peak can be called easy! There are limited technical sections presenting challenges to some climbers: a short ice wall and the Yellow Band at 24,600'. Both are not huge issues but at this high altitude any technical climbing takes its toll on the body. Objective

dangers are limited as well, but climbing at this altitude can always be dangerous. Its relatively easy access makes it an attractive 8,000 meter expedition for someone with limited time, as it can be attempted in roughly 6 weeks round trip. Give us a call to discuss the details and experience needed to climb sixth highest peak in the world!

**Dates:** September 5<sup>th</sup> – October 15<sup>th</sup>, 2012 & 2013

**Price:** \$16,950.00

Cho Oyu Expedition includes 5 day Expedition Training course on Mt. Shasta Summer 2012

**Ratios:** Sherpas to Clients 1:1 / SWS Mountain Guides to Clients 1:2 / Expedition members 6



#### Level of Experience Needed:

**Climbers** High Altitude Mountaineering Training Level IV conditioning. Solid mountaineering skills on glaciated terrain as well as experience at altitude at or above 20,000 ft. If you have questions about the level of experience needed, please give our office a call and we can recommend courses or seminars to prepare you for this trip.

#### Physical Conditioning:

**Climbers** - Expedition Training; Level IV training required 5-6 times per week for at least 3 days at 40-60 minutes each session, 2 days at 60 -120 minutes each session, in one of the following categories or mixture of each: running, bicycling, swimming, stair

master, ski machines, or other aerobic activities. It is also a good idea to include in your workout some type of flexibility training 3 times a week (stretching for at least 15 minutes). Plan on including weekend training hikes and climbs with your loaded pack for over all conditioning, this is a very important part of your overall training. Other activities which will improve your conditioning for the expedition include; weight training for strength, versa climber, jogging with a light day pack, and running stairs or hills.

**Acclimatization:** Most climbers don't think they need as much time for acclimation as is scheduled during our expeditions and courses. We have found through experience that our schedule is optimum for climbing at high altitudes to keep you both healthy and give you the best chance to reach the summit. Please give us a call if you have any questions.

**Equipment** - Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.



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**General Precautions for International Travel:** A complete package of Health Information for travel in Asia/ Nepal & China will be sent upon receipt of your deposit or check the Health information link at: [www.swsmtns.com/expeditionhealth.html](http://www.swsmtns.com/expeditionhealth.html) Following the guidelines will increase the likelihood of keeping you healthy and happy while you are traveling. It is extremely important to maintain your health while trekking and climbing.

**Immunizations:** A recommended list of immunizations for Asia/Nepal & China will be sent in conjunction with our health information upon receipt of your deposit or check the Health information link at: [www.swsmtns.com/expeditionhealth.html](http://www.swsmtns.com/expeditionhealth.html) Local Public Health departments do offer inexpensive travel immunizations or check with your personal physician. If you need immunizations, please get them as soon as possible - some immunizations are given over a period of time. For your health and safety it is very important to have your immunizations up to date.

**Passports and other Documentation:** You are **required** to have a passport for travel in Nepal & China and for entrance back into the United States. Please don't forget! Check the equipment list. Airport Exit Tax from Katamandu, Nepal is approx.: **\$25-\$30 U.S. dollars.** (Not included in cost of trip but maybe included in your international ticket).

**Baggage Restrictions:** Please check with your airline and point of departure for baggage restrictions. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 40 lbs. The equipment on our list is under the weight and size restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive. Additional note: Airlines are not currently charging for baggage on international departures.

**Meeting Location:** We will be contacting you at least **14 days** before your departure with the name and phone number of the hotel in Katmandu, Nepal where you will be meeting your guides with instruction on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will be in contact to discuss the options.

**Deposits:** A \$750.00 deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your \$750.00 deposit and Expedition Application Form you will be sent a complete course information package. Either the Director of SWS Mountain Guides or one of the guides leading the expedition any questions you may have to help answer and to help you with your airline arrangements will contact you.

**Refunds:** A \$750.00 nonrefundable deposit is required with each reservation and the balance is due 90 days prior to the course. In the event you must cancel your reservation, between 90- 60 days before the course, a \$750.00 cancellation fee is required and the balance refunded. Between 60- 45 days prior to the course a 50% cancellation fee is required with the balance refunded. We are sorry, but NO REFUNDS can be made within 45 days prior to the course starting date.

**Includes:** Information support, professional guides, high altitude sherpas, ground transportation, all lodging, mules, horses, yaks, and porters (as needed), all meals while climbing, continental breakfasts while in cities at our hotel, entrance fees to parks, hut fees, climbing permits, radios, safety equipment (including oxygen), group technical equipment, and group camping equipment including tents, stoves, and fuel.

**Food & Beverages\*:** All meals are provided while climbing and/or trekking, continental breakfasts while in cities at our hotel. Clients are responsible for extra beverages and meals while in cities, extra beverages while at basecamp, or in huts or on the mountain, this includes: beer, soda, bottled water, designer water and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

**Not included:** Airfare to and from Katmandu, Nepal, meals in cities, and beverages as noted above\*, airport exit tax (Approx. \$25-\$30), laundry, and personal expedition climbing equipment.

**Group size:** Limited to 6 expedition climbing members



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**Trip cancellation Insurance:** It is recommended that you obtain trip cancellation insurance for your journey. You can find trip cancellation insurance on a link at our website: [www.swsmtns.com](http://www.swsmtns.com) on the reservations page or under travel forms from the reservations link. Or check with your travel agent.

### Cho Oyu Expedition Itinerary:

**Day 0:** Kathmandu, Nepal: 4,383 ft. / Arrive in Kathmandu and check in to hotel

**Day 1:** Kathmandu, Nepal: 4,383 ft. / Take this day to organize, team introductions, and final preparations. We will take this day to do some sightseeing and a tour of local temples.

**Day 2:** Lhasa, China: 12,100 ft. / Flight from Kathmandu to Lhasa. night in hotel

**Day 3-4:** Lhasa, China: 12,100 ft. / Acclimatization, final permit arrangements, visa, and sight seeing in Lhasa, two nights in hotel

**Day 5:** Xigatse, China: 12,795 ft. / We drive from Lhasa to Xigatse (12,795'), where we will spend the night. Acclimatization, \_

**Day 6-7:** Tingri, China: 14,400 ft. / \_Travel to Tingri and Acclimatize (14,400'). Two nights

**Day 8:** Base Camp (BC): 16,400 ft. / We travel from Tingri to Base Camp on Cho Oyu. A minimum of supplies can be left here to descend to in the event of an medical emergency or any other reason.

**Day 9:** Interim Camp (IC): 17,500 ft. / Our group climbs from BC to Interim Camp (IC). Our equipment will be carried by yaks to IC and then onto Advanced Base Camp (18,500').

**Day 10:** Advanced Base Camp (ABC): 18,500 ft. \_Establish an Advanced Base Camp - Acclimatize

**Day 11 to 36:** Upper Mountain Camp 1-3: During this phase of the expedition we will be establishing a series of three camps which we will be ascending and descending from to gain maximum accimatization and logistical positioning. Our goal will be to obtain a position ourselves to make one or more summit attempts.

**Day 37:** Base Camp: 16,400 ft. / We descend from ABC to BC in one day rather than two as on the ascent. We will utilize yaks to carry our equipment.

**Day 38:** Base Camp: 16,400 ft. / \_We spend the day at BC to rest and pack for our return to Lhasa

**Day 39:** Transit Day from Lhasa to Kathmandu

**Day 40:** Kathmandu, Nepal: 4,383 ft. / Flight out and back to the United States

**Day 41 plus:** Kathmandu, Nepal Extensions: 4,383 ft. / For those wishing to take extra time in Kathmandu we can make arrangements, just let us know!

**Note:** This is a general itinerary and we will attempt to follow this approximate schedule. But due to the nature of international travel, climbing conditions, and camp availability, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goal of reaching the summit of Cho Oyu.