



CHO OYU

8,201M / 26,906FT



EXPEDITION TRIP NOTES





CHO OYU EXPEDITION NOTES

2026 EXPEDITION DETAILS

Dates: September 9 to October 17, 2026

Duration: 39 days

Departure: ex Kathmandu, Nepal

Price: US\$49,900 per person

▲ Celebrating on the summit of Cho Oyu. Photo: Mike Roberts.

During the autumn season of 2026, Adventure Consultants will operate its seventeenth expedition to Cho Oyu via the normal route from Tibet. Of the world's fourteen 8,000m 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 at 8,201m/26,906ft, Cho Oyu is still the sixth highest peak on the planet and as such is a demanding undertaking in even the most ideal conditions.

EXPEDITION OUTLINE

The expedition commences in Kathmandu, the capital of the ancient kingdom of Nepal. From here we travel by plane to Chengdu, China where we overnight before flying to Lhasa, Tibet where we are met by staff from the Tibetan Mountaineering Association. There is time for sightseeing in Lhasa and we begin to acclimatise as we are at a height of 3,650m/11,975ft. 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/15,750ft. From the road's end, it is a day trek with yaks carrying the luggage, leading us to the Base Camp at 5,650m/18,500ft. This is a spectacular spot set across from the famous Nangpa La Pass.

The route to Camp 1 follows the moraine up the main glacier and turns off to the east up a tributary glacier after a 2-hour hike. After a steep climb up the scree and snow, we are led to the camp at 6,400m/21000ft. We also use a Camp 1.5 at 6,700m/22,000ft.

From Camp 1, the route follows a moderate snow and ice ridge before leading through a small ice serac and out onto a broad plateau. Camp 2 is situated at 7,000m/23,000ft in a 'football field' looking up at the summit region. From Camp 2, a 30-degree snow climb leads directly up to Camp 3 at 7,400m/24,300ft.

The summit climb from Camp 3 will take around 12 hours return for most members and involves climbing



▲ Climbing above Camp 1. Photo: Steve Moffat



▲ Cho Oyu Base Camp. Photo: Dean Staples



▲ Climbers contemplate the route above Camp 2. Photo: Mike Roberts

through a short rock band just above the top camp before heading into an open couloir, which in turn leads to the summit plateau.

A strong 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 one trip up the mountain as far as Camp 2 for acclimatisation, punctuated by rest days at Base Camp.

The summit climb will take place at the end of September/early October during the best weather window. Five 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.

THE ADVENTURE CONSULTANTS TEAM

LOGISTICS

The expedition is being organised by Guy Cotter, the director of Adventure Consultants and a veteran of Himalayan expedition guiding and organisation. With technology constantly evolving, Adventure Consultants have kept abreast of all the new techniques and

equipment advancements—encompassing the latest in weather forecasting facilities, equipment innovations and communications systems. An 8,000m peak is not the place to be with an organisation that is 'learning the ropes', there is too much at stake for that. Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team to maximise your chances of success. This is coupled with a very strong expedition guiding team and Sherpa contingent, who as you will come to see are second-to-none in the industry.

EXPEDITION LEADER

The 2026 expedition leader is Rob Smith. Rob has been guiding since 2000, dividing his time between the Antarctic summer seasons and the greater ranges of the Himalaya. Originally from Omagh, Northern Ireland, Rob is now based in Fort William, Scotland. He has guided for Adventure Consultants for many years and his notable guided ascents include Everest (8 summits), Vinson, Cho Oyu, Carstensz and Elbrus amongst many others.

SHERPAS

Our Sherpa team has dozens of 8,000m summits between them. Da Jangbu Sherpa is our Expedition and



• A team celebrates on the broad summit of Cho Oyu. Photo: Mike Heydon

Climbing Sirdar and has summited Everest an impressive 13 times, bringing with him considerable knowledge and experience. Due to his leadership, we have a legendary group of Climbing Sherpas who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members. Our group of Climbing Sherpas is enthusiastic, motivated and regarded as the strongest and most cohesive group of Sherpas in the Himalayas. It is indicative of the reputation that our Sherpa team has earned—that Sherpas from other expeditions enthusiastically pursue a future position with the Adventure Consultants team.

Our cooking staff are very well known for the quality of the cuisine they produce and are coveted by other team leaders due to the reputation they have established. We have been developing the personnel within our Sherpa team for 25 years and they are an integral part of the Adventure Consultants team.

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 the best approach for aspiring high altitude climbers 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.

PREREQUISITE EXPERIENCE

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 3 seasons and made ascents on peaks of 6,000m to 7,000m/20,000ft to 22,965ft. It is quite common for members to have previously climbed Denali, Aconcagua, Peak Lenin or various 6,000m Himalayan peaks as training for Cho Oyu.

Climbers will be able to efficiently climb ice, snow and rock terrain, multiple days in a row. They will ideally



▲ Acclimatisation hike high above the fields of Tibet. Photo: Mike Heydon

have a broad set of climbing skills from basic rock climbing to advanced cramponing on snow and ice and strong rope skills such as rappelling and rope ascending. You should be comfortable with camp craft and self-care at high altitude.

Age itself is no barrier, to date, we have succeeded on Himalayan trips with members aged from 22 to 65 years of age. An exceptional level of physical fitness is required.

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.

TEAM SIZE

The team will have a minimum size of 5 members and 1 guide and a maximum size of 12 members and 3 guides.

A team of climbing Sherpa, at a ratio of 1 Sherpa per member, will carry loads and support the summit climb and we will have a cook at Base Camp.

ITINERARY

Dates: September 9 to October 17, 2026

Following is an ideal itinerary for our Cho Oyu Expedition:

Day 1	Arrive Kathmandu, Nepal
Day 2	Gear checks and sightseeing in Kathmandu
Day 3	Fly to Chengdu, China, overnight
Day 4	Fly to Lhasa, Tibet (3,650m/11,975ft)
Day 5	Sightseeing in Lhasa
Day 6	Drive to Shigatse (3,800m/12,470ft)
Day 7	Drive to Tingri (4,350m/14,270ft)
Day 8	Rest day in Tingri
Day 9	Drive to Road End Base Camp (4,800m/15,750ft)
Day 10–11	Rest/acclimatisation at road end
Day 12	Trek to Base Camp (5,650m/18,540ft)
Day 13	Rest at Base Camp and organise equipment
Day 14–24	Establish high camps and acclimatise
Day 25–35	Summit window
Day 36	Return to Base Camp
Day 37	Trek back to road end and drive to Kyirong on the Nepalese border
Day 38	Drive to Kathmandu
Day 39	Depart from Kathmandu

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

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

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.



▲ Topping out above the ice cliffs. Photo: Dean Staples

ADDITIONAL SERVICES

ADDITIONAL SHERPA SUPPORT

We offer a service giving members the option to have their gear carried on 'camp moving' days, so all you have to carry is your jacket and water bottle and items required for the day. This option is popular with those who have difficulty recovering after a carrying a heavy load at altitude.

PERSONAL SHERPA

This option provides you with the assistance of a very experienced and dedicated Sherpa who will support you for the duration of the expedition above Base Camp. Your Personal Sherpa will climb with you each day while you are climbing on the mountain as your climbing partner and generally assist you throughout the expedition all the way to the summit. When on the mountain, you would share a tent with your Personal Sherpa and he would supervise cooking duties. Our Sherpa guides are very experienced with multiple ascents of Everest and other high peaks under their belts, and are friendly and supportive companions along the way!

For more information on additional services, please contact our office for details.

VISAS

Expedition members will be required to obtain visas for both Nepal and China.

Nepalese multiple entry visa is easily procured at Kathmandu Airport upon arrival. Visa application forms can be completed online.

You will need to apply for your Chinese Tourist Visa at your nearest Chinese Embassy or in Kathmandu and Adventure Consultants will provide the necessary documents and advice to assist with this process.

FLIGHT INFORMATION

Regular flights operate into 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.



▲ Tour the culturally vibrant city of Lhasa. Photo: Mike Heydon



▲ Enroute to Camp 2. Photo: Mike Roberts



▲ A first glimpse of 8,000m peaks in the distance. Photo: Dean Staples



▲ Explore the Tibetan Plateau enroute to the mountain. Photo: Mike Roberts

COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems and a Wi-Fi data service at Advanced Base Camp for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use.

Limited satellite phone time can be purchased at the rate of US\$3.00 per minute. Please contact our office for details.

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 & TRAVEL APP

Expedition members will be provided with comprehensive pre-trip support, including access to our travel app. Our platform allows you to have all of the

key trip information and expedition documents at your fingertips on your personal device, in an intuitive user-friendly manner.

You will find a comprehensive equipment list within the travel app and our team of equipment experts are also available throughout the build-up to assist with any questions that you may have.

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire by the expedition doctor and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the Expedition Doctor and Expedition Leader and treated with full confidentiality.

Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.



▲ Crossing moraine above ABC Photo: Mike Roberts

PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing and trekking permits and a colour copy of their passport biodata page.

THE EXPEDITION FEE

The cost of the expedition, ex Kathmandu, Nepal is US\$49,900.

Note our pricing includes the fee structure from Chinese authorities for operating high altitude expeditions in China.

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
- Flights to Chengdu and Lhasa from Kathmandu
- Accommodation ex Kathmandu
- All team equipment and five bottles of oxygen
- All expedition staff, including Western guides at 1:5 ratio and 1:1 Sherpa support

- All food after departing Kathmandu and before arriving back 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 and from Nepal and any associated airport taxes
- Entry visa for Nepal and China
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts, alcohol (we supply boiled/treated water for drinking)
- Personal clothing and equipment
- Excess baggage charges
- Any costs associated with early departure from the expedition
- Personal insurance/trip cancellation insurance/medical evacuation insurance
- Gratuities for guides and Sherpa staff



▲ The final approach to the summit. Photo: Steve Moffat

PAYMENT DETAILS

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

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited.

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZ NZ22

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

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

DEPOSIT

A non-refundable deposit of US\$10,000 is payable to secure a place on the expedition.

BALANCE

The balance is payable 90 days prior to the expedition commencement.

CANCELLATION & 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 cancel their participation on the following basis:

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

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.



• Cho Oyu in sight and standing tall above the Tibetan Plateau. Photo: Mike Roberts

HOW TO JOIN THIS EXPEDITION

If you would like to join our Cho Oyu expedition, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/expeditions/8000m-peaks/cho-oyu#DepartureBookingBlock>.

CONTACT US

If you require more information, please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka, 9343
New Zealand

Phone: +64 3 443 8711

Email: info@adventure.co.nz

Website: www.adventureconsultants.com



▲ The summit of Cho Oyu from Camp 1. Photo: Dean Staples



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' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



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