

Mount Cho Oyu Expedition Tibet

Quick Facts

Duration:	32
Max Altitude:	8188
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	Tea House and Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Mount Cho Oyu, the world's sixth-highest peak at 8,188 meters (26,864 ft), sits on the Nepal-Tibet border and is famously known as the "Turquoise Goddess." Often considered one of the more accessible 8,000-meter mountains, it attracts climbers who want to experience true high-altitude mountaineering without the extreme technical challenges found on many other Himalayan giants.

Climbers who prefer to stay on the Nepal side often choose the [Manaslu Expedition 2026](#) as their first 8,000m peak similar accessibility, no Tibet permit required, and starting at \$18,800."

Summit 8000 provides you a golden opportunity to climb this peak if you are a mountain climber and want to climb the peak above 8000 meters but is afraid of the technical difficulty to climb the peaks such as the [Mount Everest](#), [Mount Annapurna](#) or any other peaks.

The peak is located between the border of the Nepal and Tibet and be climbed from the both countries. It's the more accessible high altitude climb which gives the perfect views of the Everest, [Lhotse](#), and other Himalayan giants from its summit.

Its glaciers are extensive but relatively gentle and the routes leading to its summit top is Himalayan serenity, where you will witness golden sunrises over jagged peaks, encounter unique alpine wildlife, and engage with the welcoming local culture.



The mountain's appeal lies in its combination of stunning beauty, high-altitude adventure, and achievable summit for experienced trekkers and mountaineers alike.

Mount Cho Oyu Expedition Highlights

- Summit the world's 6th-highest mountain in Nepal
- Witness the Turquoise Goddess alongside ice and snow in the photogenic landscapes.
- Climb the easiest mountains above 8000 meters and make your dream come true.
- Walk through the picturesque valleys, Sherpa villages, and pristine glaciers.
- Witness the uninterrupted vistas of Everest, Lhotse, Makalu, and other majestic peaks.
- Experience the traditional Sherpa settlements, monasteries, and prayer-filled landscapes, blending adventure with local culture.

Cho Oyu Climbing peak route

Cho Oyu Climbing peak route starts from the Nepal side which is fly from the Kathmandu to Lukla and from there to the Nyalam village in Khumbu region. From the Nyalam village you hike to the base camp at an altitude of the 5,700 meters.

Following the series you will climb to the Camp - I at an altitude of 6400 meters and from there to the camp - II at an altitude of 7000 meters and from the Camp II you will have a rapid ascend to the summit at 8818 meters.

The base camps are located over the glacial slopes and ridge from where you can acclimatize and climb gradually to the extreme altitude reducing the risk of the high-altitude sickness.

The climb is not technically difficult and but its challenging as it's the peak above 8000 meters. You will be walking on the long stretches of the snow and ice from where you will navigate gently through sloping glaciers, minor crevasses, and some steep sections near the summit ridge. Fixed ropes are often used in the final stretch.

Summit-Focused Climbing Experience

The Cho Oyu peak is a summit focused climbing experience which teaches you how to build the endurance, makes you understand the mountains, and connects you with the Himalayan environment.

This high-altitude journey also tests your spirit, resilience, hard work, patience, and your mental and physical abilities. The summit is designed by us in such a way which makes you comfortable while climbing the peak and every day you spend in the mountains will bring you some challenges and rewards.

You will be crossing the frozen rivers, glaciers moraines, climb the rocks and learn how to use the crampons, ice axes, and many more.

The summit periods start, from the most intense and the memorable phase of the climbing periods where the air is thin, every step you take demands your carefulness and your ability to use your energy when required.



It will also give you a thrill to reach the roof of the world while soaking in the mountain's beauty, and celebrate the hard-earned achievement.

Safety and Preparation First for the Cho Oyu Climbing

Summit 8000 is among one of the leading and oldest agencies who provides the mountain climbing experience for the trekkers who wants to explore the peak and return back safely due to our safety and preparations norms.

Climbing this peak is extra ordinary adventure but it also demands the careful preparations and the commitment to safety. The peak is [above 8000 meters](#) and its easiest compared to any other climbing peaks at this altitude.

During the climbing periods you will face the extreme cold, unpredictable weather, high-altitude risks, and glacial terrain that require you to be physically fit, mentally resilient, and well-equipped to handle all this.

To overcome these kinds of problems we have carefully planned this itinerary keeping in mind for the acclimatization, providing the healthy and careful meals, by giving you training on how to use the gears and equipment.

You will learn how to use the crampons, ice climbing, use of ropes, ice arrest, and movement on the ice and snow.

In case of any kinds of emergency, we will make sure you get back to your home safely due to which we will keep an emergency evacuations helicopter on the back up during the summit. Also, our sherpa guides who are excellent in their work will help you to overcome any kinds of the minor health issues and support you throughout the climb.

With Summit 8000, every aspect of the expedition is designed to ensure that your journey is not only thrilling but also safe, well-prepared, and unforgettable.

Nepal vs Tibet Route for Cho Oyu Expedition: Which One is Better?

Mount Cho Oyu (8,188m) sits exactly on the Nepal-Tibet border and can be approached from either side. The vast majority of commercial expeditions take the Tibet (north) side, but understanding why and what the Nepal (south) side offers helps climbers make the right choice. Here is the most comprehensive side-by-side comparison available.

Key Factor	Tibet Side (North / NW Ridge)	Nepal Side (South / SW Face)
Standard Route	Northwest Ridge (<i>Normal route</i>)	Southwest Face / Southeast Ridge (<i>Rarely used</i>)
Overall Character	Moderate snow slopes (25-40°), short rock section, wide summit plateau. Fixed ropes in place.	Steeper, more technical terrain with ice cliffs, rock bands & crevasses. Limited fixed ropes.
Technical Grade	PD (Peu Difficile) <i>One of the easiest 8000m routes</i>	AD / D (Assez Difficile) <i>For experienced climbers only</i>
Base Camp Access	Drive directly to base camp (5,100m)	4-6 day trek via Khumbu region
From Kathmandu	Overland via Kerung (Tibet) 7 days to ABC	Fly to Lukla + trek 8-10 days to base camp



Key Factor	Tibet Side (North / NW Ridge)	Nepal Side (South / SW Face)
Khumbu Icefall Risk	None no icefall on this route	No classic icefall, but complex glacier terrain
Objective Hazards	Very Low minimal serac & avalanche risk	Higher Risk steeper ice, crevasses, route-finding challenges
Cultural Highlight	View of Nangpa La trade route; yak caravans still pass	Classic Khumbu trekking experience via Namche & Gokyo

The Tibet (Northwest Ridge) route is the preferred choice for most climbers due to its lower technical difficulty and easier access, making Cho Oyu one of the most achievable 8000m peaks.

Note: The vast majority of Cho Oyu expeditions including Summit8000's program use the Tibet (north) side via the Northwest Ridge. This is the route with the established infrastructure, highest success rates, and the experience recommended for climbers attempting their first 8,000m peak.

The Nepal side is rarely commercially operated and is primarily undertaken by highly experienced alpinists on private expeditions. Permit costs and fees are approximate for 2026 and subject to change by the respective government authorities.

Cho Oyu Expedition Camps & Elevations (Tibet vs Nepal)

Camp	Tibet Side Elevation	Nepal Side Elevation
Base Camp (BC)	5,100 m / 16,732 ft road access by jeep	4,800 m / 15,748 ft reached by trek
Intermediate Camp	5,400 m / 17,716 ft yaks carry loads to here	Not standard on Nepal route
Advanced Base Camp (ABC)	5,700 m / 18,700 ft main staging camp	5,500 m / 18,044 ft
Camp I	6,400 m / 20,997 ft across Gyabrag Glacier	6,000 m / 19,685 ft
Camp II	7,100 m / 23,294 ft 35-40° snow face	6,800 m / 22,309 ft
Camp III (Optional)	7,550 m / 24,770 ft used in poor weather	7,400 m / 24,278 ft
Summit	8,188 m / 26,864 ft	8,188 m / 26,864 ft

The Tibet route offers higher and more accessible base camps, making acclimatization more efficient compared to the longer trekking approach from Nepal.

Best Time to Climb Cho Oyu (Tibet Route): Month-by-Month Guide

The best time to climb Cho Oyu from the Tibet side is generally during the pre-monsoon (spring) and post-monsoon (autumn) seasons, when weather conditions are more stable, and the Himalayan skies are clearer.

However, each month within these seasons offers slightly different conditions in terms of temperature, wind speed, snowfall, and overall summit chances. Understanding this month-by-month variation helps climbers choose the right expedition window based on experience level, risk tolerance, and summit goals.



In spring (April to May), conditions gradually improve as winter snow settles and temperatures become more manageable at high altitude. This is considered the most popular and reliable summit window. In autumn (September to October), the mountain is generally colder but more stable, with clearer visibility and fewer climbers on the route. Outside these windows, Cho Oyu becomes significantly more challenging due to heavy snowfall, unstable weather patterns, and extreme cold, making summit attempts less predictable.

Month	Season	Weather Conditions	Wind & Temperature	Summit Window
January	Do not climb	Deep winter, brutal cold, extreme winds, no daylight warmth above 6,000m	Winds 80–120 km/h, extreme cold (~ -40°C at high camps)	None
February	Do not climb	Winter continues, no commercial expeditions operate, Tibetan plateau fully exposed to jet stream	Very harsh conditions, extreme wind chill	None
March	Shoulder	Winter begins to ease, early spring preparations start, permit processing and arrival	Still cold, winds starting to calm at lower camps	Very rare
April	Spring season opens	Pre-monsoon window opens, stable weather begins, acclimatization rotations start	-15°C to -25°C at high camps, winds calming	Late April possible
May	Peak spring season	Best summit window, stable high-pressure systems, clear skies	20–40 km/h summit winds, manageable temps with gear	Strong (multiple windows)
June	Monsoon approaching	Moisture increases, snowfall becomes unpredictable, route instability begins	Increasing snowfall, whiteout risk rising	Very limited (end season only)
July	Full monsoon	Heavy snowfall, avalanche risk, expedition season closed	Wet, unstable, dangerous above base camp	None
August	Full monsoon	Continued storms, buried routes, high avalanche danger	Warm at lower elevations, unstable snowpack above 6,000m	None
September	Autumn begins	Post-monsoon clearing, stable teams return, base camp re-established	Cooling temperatures, clearer skies, winds settling	Late September (first window opens)
October	Peak autumn season	Best autumn climbing month, stable weather, high summit success rate	-20°C to -30°C at high camps, 15–35 km/h summit winds	Excellent (2–4 clear windows)
November	Late autumn	Weather deteriorates quickly, early winter conditions return	Temperatures dropping, strong jet stream influence	Early November only
December	Winter sets in	No expeditions, extreme cold returns, mountain inaccessible	Severe cold, strong winds 60–100 km/h	None



Detailed Itinerary

Day 1: Arrival in Kathmandu Valley

Namaste and we welcome you to the land of the Sherpas Nepal. You will be arriving at the Tribhuvan International airport for your Cho Oyu mountain expeditions. One of our team mates will be waiting for you at the airport arrival sections and upon arriving you will drive to the hotel in Thamel and rest.

Accommodation: 1350

Meals: Welcome Dinner

Day 2: Preparations and Sightseeing

You will have a leisure day for yourself so that you can prepare your packing lists obtain your permits and be prepared for your upcoming summit. Our guide will give you the check list for the gears and equipment. You can obtain those from any of the shops in Thamel and your Tibet Visa will be also processed on the same day so that you can enter the Tibet without any difficulties.

Accommodation: 1350

Meals: B, L, & D

Day 3: Drive from Kathmandu to Timure

Early morning drive to Timure which from Kathmandu to Timure which is a small village in located near the Nepal Tibet border. The distance between this place is around 130 kilo meters which can be reached in the 5 to 7 hours as there are many off roads leading to this village. You will via many beautiful villages along side the way while enjoying the lush green dense forests and beautiful peaks

Accommodation: 1800

Meals: B, L, & D

Day 4: Cross Border into Tibet & Drive to Kerung

You will cross the border of Nepal- Tibet and enter inside the Tibet region. You will need to show the passport and the visas to the security force. After that we will take another vehicle inside the Tibet and then drive to the Kerung. The distance between Tibet border to Kerung is around the 250 kilo meters via the beautiful alpine landscapes which will take you around 7 to 9 hours drive. Upon reaching the Kerung rest and enjoy the delicious Tibetan delicacy.

Accommodation: 2800

Meals: B, L, & D

Day 5: Drive from Kerung to Old Tingri

You will again have a morning drive to Tingri at an altitude of the 4300 meters. The distance between these places is around 270 kilo meters which can be reached in the 8 to 10 hours time. You will see the beautiful landscapes of the



alpine valley which will take you to your destinations. On the way you will stop of the scenic photographs and enjoy your journey.

Accommodation: 4350

Meals: B, L, & D

Day 6: Acclimatization and Preparation in Old Tingri

Today is reserved for acclimatization to help your body adjust to the high altitude before heading deeper into the Tibetan plateau. You will spend the day resting, doing short walks around Old Tingri, and enjoying panoramic views of Everest, Cho Oyu, and other Himalayan giants. Our climbing guide will conduct a detailed briefing about the upcoming days, safety measures, and altitude awareness. Final equipment checks will be done to ensure everything is in order for the expedition ahead. Overnight stay at a lodge in Old Tingri.

Accommodation: 4350

Meals: B, L, & D

Day 7: Drive from Old Tingri to Thingri

After breakfast, you will drive towards Thingri, a small Tibetan town that serves as an important acclimatization stop for Cho Oyu expeditions. The drive takes you through vast open landscapes, traditional Tibetan villages, and dramatic high-altitude scenery. Upon arrival, you will check into a local lodge, rest, and prepare for the journey toward the Cho Oyu Basecamp region.

Accommodation: 4400

Meals: B, L, & D

Day 8: Acclimatization and Preparation Day in Thingri

This day is dedicated to further acclimatization and preparation. You will take short acclimatization walks around Thingri, helping your body adapt to the increasing altitude. Your climbing Sherpa and expedition leader will review climbing techniques, rope handling, use of oxygen systems, and emergency protocols. This is also a great day to mentally prepare while enjoying the peaceful Tibetan highlands. Overnight at a lodge.

Accommodation: 4400

Meals: B, L, & D

Day 9: Drive from Thingri to Cho Oyu Chinese Basecamp via Rombuk Monastery

After an early breakfast, you will drive toward the Cho Oyu Chinese Basecamp. En route, you will visit the historic Rombuk Monastery, one of the highest monasteries in the world, offering spiritual insight and stunning mountain views. Continuing the drive across rugged terrain, you will finally reach the Chinese Basecamp of Cho Oyu at 5,100 meters. Upon arrival, the expedition team will set up tents, and you will rest and acclimatize. Overnight stay in tents.

Accommodation: 5100

Meals: B, L, & D



Day 10: Rest and Acclimatization Day at Cho Oyu Chinese Basecamp

Today is another important acclimatization day at the Chinese Basecamp. You will spend the day resting, hydrating, and taking short walks around the camp. The team will organize climbing gear, loads, and food supplies for higher camps. Your guide will closely monitor your health and oxygen levels. Overnight stay in tents at Basecamp.

Accommodation: 5100

Meals: B, L, & D

Day 11: Trek from Cho Oyu Chinese Basecamp to Intermediate Camp

After breakfast, you will begin trekking toward the Intermediate Camp. The trail gradually ascends over rocky moraines and glacial terrain, offering spectacular views of Cho Oyu's north face. This short but significant ascent helps your body continue acclimatizing. Upon reaching Intermediate Camp, tents will be set up, and you will rest for the remainder of the day. Overnight in tents.

Accommodation: 5500

Meals: B, L, & D

Day 12: Ascent from Intermediate Camp to Advanced Basecamp

Today you will trek further up to the Advanced Basecamp. The route follows the glacier, with steady elevation gain and breathtaking views of surrounding peaks. Advanced Basecamp is strategically located closer to the climbing route and will be your main staging point for rotations and summit attempts. After arrival, you will rest, rehydrate, and prepare for the upcoming acclimatization rotations. Overnight stay in tents.

Accommodation: 5700

Meals: B, L, & D

Day 13 to 20: Acclimatization Rotations on Cho Oyu

These days are dedicated to crucial acclimatization rotations, which significantly increase your chances of a successful and safe summit. First Rotation You will climb from Advanced Basecamp to Camp I, then continue to touch Camp II before descending and sleeping at Camp I. The following day, you will descend back to Advanced Basecamp. Second Rotation You will again climb from Advanced Basecamp to Camp I, then continue to Camp II, where you will spend a night. After proper acclimatization, you will descend back to Advanced Basecamp for rest and recovery. These rotations help your body adapt to extreme altitude while familiarizing you with the route, terrain, and conditions. Full board accommodation will be provided at high camps.

Accommodation: 7000

Meals: B, L, & D

Day 21 to 26: Summit Push and Climbing Period



This is the main climbing phase of the expedition. Weather conditions will be carefully monitored to choose the safest summit window. You will climb from Advanced Basecamp to Camp I, then to Camp II. From Camp II, you will make your summit attempt of Cho Oyu (8,188 m), one of the world's highest and most achievable 8,000-meter peaks. After reaching the summit and celebrating your achievement, you will descend safely back to Camp II or directly to Advanced Basecamp depending on conditions and strength. These days require patience, determination, and teamwork. Full board will be provided at all high camps.

Accommodation: 8188

Meals: B, L, & D

Day 27: Trek from Advanced Basecamp to Chinese Basecamp

After completing the summit phase, you will trek down from Advanced Basecamp to the Chinese Basecamp. The descent is easier and allows you to reflect on your incredible achievement. Upon arrival, you will enjoy a well-earned rest and a comfortable lodge stay.

Accommodation: 5100

Meals: B, L, & D

Day 28: Drive from Chinese Basecamp to Thingri

Today you will drive back to Thingri, retracing the scenic route across the Tibetan plateau. The lower altitude will feel refreshing, and you can relax after the intense climbing days. Overnight stay at a lodge.

Accommodation: 4350

Meals: B, L, & D

Day 29: Drive from Thingri to Kerung Border

After breakfast, you will drive toward the Kerung border. The journey offers sweeping views of mountains, wide valleys, and traditional Tibetan settlements. Upon arrival near the border, you will rest overnight at a lodge.

Accommodation: 2700

Meals: B, L, & D

Day 30: Cross the Border and Drive to Kathmandu

You will cross the Tibet–Nepal border after completing immigration formalities. Once back in Nepal, you will continue the drive to Kathmandu. Upon arrival, you will check into your hotel and enjoy a well-deserved rest after your expedition adventure.

Accommodation: 1350

Meals: B, L, & D

Day 31: Leisure Day in Kathmandu



This is a free day in Kathmandu to relax, explore the city, do souvenir shopping, or enjoy a farewell dinner with your expedition team. You can also visit cultural sites or simply unwind after the long journey. Overnight stay at a hotel.

Accommodation: 1350

Meals: B, L, & D

Day 32: Transfer to the International Airport for Final Departure

According to your flight schedule, our representative will transfer you to Tribhuvan International Airport for your final departure. With unforgettable memories of climbing Cho Oyu, we bid you farewell and wish you a safe journey home.

Accommodation: 1350

Meals: Breakfast

Gears Lists

Packing List for Mount Cho Oyu Expedition

Preparing properly for the Mount Cho Oyu expedition is essential for safety and comfort at high altitude. Since you'll be climbing above 8,000 meters in cold, windy, and remote conditions, your gear should focus on warmth, layering, and reliable technical equipment. Below is a practical packing list to help you get expedition-ready.

Head & Sun Protection

- Mountaineering helmet
- Sun hat or wide-brim hat
- Balaclava or neck gaiter
- UV protection sunglasses (category 4 for high altitude)
- Glacier goggles
- Lip balm with SPF

Upper Body Layers

- Moisture-wicking base layers (thermal tops, synthetic or merino)
- Insulating mid-layers (fleece jackets or down sweaters)
- Down expedition jacket (heavyweight, 800+ fill recommended)
- Waterproof & windproof shell jacket (Gore-Tex or similar)
- Lightweight trekking shirts (for lower altitudes)

Lower Body Layers



- Moisture-wicking base layer leggings
- Insulating mid-layer pants (fleece or synthetic)
- Waterproof & windproof mountaineering pants
- Lightweight trekking pants
- Gaiters (for snow and glacier protection)

Footwear & Accessories

- Mountaineering boots (double boots suitable for high altitude)
- Trekking shoes (for lower altitude approaches)
- Warm expedition socks (wool or synthetic)
- Liner socks (optional for blister prevention)
- Crampons compatible with your boots
- Snowshoes (optional, depending on conditions)
- Gloves: liner gloves, insulated gloves, and waterproof shell gloves
- Mittens for extreme cold

Climbing Equipment

- Ice axe
- Harness
- Carabiners (locking & non-locking)
- Prusik cords & slings
- Ascenders (jumar)
- Climbing helmet
- Rope (if not provided by expedition)

Personal & Medical Kits

- Personal medications (altitude meds like Diamox if prescribed)
- First aid kit (bandages, antiseptic, blister care, painkillers)
- Sunscreen (high SPF)
- Hand warmers & foot warmers
- Personal hygiene items (toothbrush, wet wipes, small towel)

Travel Documents & Essentials

- Passport & Tibet travel permit
- Expedition insurance documents
- Flight tickets
- Cash & credit card



- Emergency contact list

Miscellaneous

- Sleeping bag (rated for -30°C to -40°C)
- Sleeping mat (insulated)
- Backpack (35-45L for daily trek, 70-80L expedition pack)
- Dry sacks / waterproof bags
- Headlamp + extra batteries
- Trekking poles
- Camera / GoPro
- Snacks / energy bars
- Water bottles & insulated flask

Cost Includes

- 1.** Welcome assistance at Kathmandu Tribhuvan International Airport upon arrival
- 2.** All ground transportation as per the itinerary
- 3.** Border crossing assistance and related transportation services
- 4.** All required permits and fees for Cho Oyu expedition, including (Climbing permit, Liaison officer permit, Chinese border permits, National Park fees (where applicable))
- 5.** 3 nights standard hotel accommodation in Kathmandu on arrival, pre-departure, and leisure day.
- 6.** Breakfast, Lunch & Dinner in Kathmandu hotels.
- 7.** Breakfast, Lunch & Dinner in Tibetan lodges (Thingri, Tingri, Kerung).
- 8.** All meals at Basecamp and high camps throughout expedition (fresh, high-altitude catering).
- 9.** Highly experienced international expedition leader and Sherpa climbing team.
- 10.** High altitude guides and support staff for rotations and summit push
- 11.** Basecamp staff, including cooks and helpers
- 12.** Oxygen support during summit push (as per group plan; included amount specified in detailed plan).
- 13.** Group climbing gear (fixed ropes, ladders, carabiners, rope fixing charges).
- 14.** Communication support between basecamp and high camps
- 15.** Expedition standard tents at basecamp & high camps.
- 16.** Dining tent and kitchen setup at Basecamp.
- 17.** Sleeping pad (foam/air mattress) in tents.
- 18.** Group equipment (tables, chairs, cooking equipment, utensils).
- 19.** Climbing rope fixing equipment for Cho Oyu routes
- 20.** Comprehensive expedition medical kit and emergency oxygen at Basecamp
- 21.** Regular health monitoring by expedition leaders.
- 22.** Evacuation coordination support (helicopter evacuation cost not included unless specified).
- 23.** All expedition related government permits on both Nepal and Tibet sides.
- 24.** Visa assistance for Tibet entry (processing support in Kathmandu)
- 25.** Guided visit to Rombuk Monastery en route to Cho Oyu Basecamp.



Cost Excludes

- 1.** International airfare to and from Kathmandu.
- 2.** Nepal visa fee and any visa extension charges.
- 3.** Travel, medical, and high-altitude rescue insurance (mandatory for all climbers).
- 4.** Helicopter evacuation costs in case of emergency (unless covered by insurance).
- 5.** Personal technical equipment rental or purchase.
- 6.** Personal trekking and climbing accessories.
- 7.** Additional supplemental oxygen bottles beyond the standard included amount.
- 8.** Personal Sherpa or one-to-one climbing guide (if not included in the chosen package).
- 9.** Extra rope fixing charges beyond the group allocation.
- 10.** Lunches and dinners in Kathmandu not mentioned in the itinerary.
- 11.** Extra hotel nights in Kathmandu or Tibet due to early arrival, late departure, or itinerary changes.
- 12.** Meals and accommodation due to flight delays, weather conditions, or personal reasons.

Route Map
