



Cho Oyu Itinerary for Climbers

Day	1	Leave the United States from LAX
Day	2	Arrive Bangkok, stay the night
Day	3	Fly to Kathmandu, arrive midday
Day	4	Cultural tour of city and monasteries
Day	5	Acquire Chinese Visas
Day	6	Fly to Lhasa (12,000') from Kathmandu
Day	7	Visit Lhasa, tour the Potala Palace and other temples, acclimatize
Day	8	Travel to Shigatse (12, 800'), visit Tashilumpo
Day	9	Travel to Tingri (14,400')
Day	10	Sherpas and expedition equipment transported to Basecamp
Day	11	Western climbers travel to Basecamp
Day	12	Rest and organization, acclimatization hiking
Day	13	Rest and organization, acclimatization hiking
Day	14	Trek to interim camp (17,000')
Day	15	Trek to Advanced Base Camp (18, 500')
Day	16	Rest and Organization, acclimatization hiking
Day	17-42	Climbing period
Day	43	Yaks arrive at Advanced Base Camp
Day	44	Yaks return to Base Camp
Day	45	Trucks and Jeeps come to Base Camp
Day	46	Travel to Nylam
Day	47	Travel to Kathmandu
Day	48	Fly to Bangkok, stay the night
Day	49	Fly to LAX, arrive the United States the same day

*This itinerary (49 days) allows time for 2 summit bids. If the climbers are successful on their first bid the trip would be approximately 40 days.

Cho Oyu Itinerary for Trekkers

Day	1	Leave the United States from LAX
Day	2	Arrive Bangkok, stay the night
Day	3	Fly to Kathmandu, arrive midday
Day	4	Cultural tour of city and monasteries
Day	5	Acquire Chinese Visas
Day	6	Fly to Lhasa (12,000') from Kathmandu
Day	7	Visit Lhasa, tour the Potala Palace and other temples, acclimatize

MOUNTAIN



LINK

Day	8	Travel to Shigatse (12, 800'), visit Tashilumpo
Day	9	Travel to Tingri (14,400')
Day	10	Sherpas and expedition equipment transported to Basecamp
Day	11	Western climbers travel to Basecamp
Day	12	Rest and organization, acclimatization hiking
Day	13	Rest and organization, acclimatization hiking
Day	14	Trek to interim camp (17,000')
Day	15	Trek to Advanced Base Camp (18, 500')
Day	16	Rest and Organization, acclimatization hiking
Day	17	Climb to Camp 1 (21,000')
Day	18	Descend to Advanced Base Camp
Day	19	Rest and Organization
Day	20	Descend to Base Camp
Day	21	Travel by jeep to Kathmandu
Day	22	Fly to Bangkok, stay the night
Day	23	Fly to LAX, arrive home