



Shishapangma and Cho Oyu



Introduction

Cho Oyu- Shishapangma combined Expedition also known as Tibet Combined Expedition which is one of the most popular Expedition trail in Tibet.

Shishapangma, The youngest among fourteen mountains above 8000m. The Tibetans regard it as the holy mountain that lies in high Himalayan ranges. located in central Himalaya and lies totally inside the Tibet is one of the lovely mountains in the world with an altitude of 8012m.. This Mountain lies in Tibet, the Autonomous Region of the People's Republic of China. Only very few people in the world have an idea about the Shishapangma before Chinese opened Tibet to the western summiteers in 1980. To the east of Shishapangma lies Mt Molamenchen, west lies Mt Xifeng and Mt Nandengri and to the northwest Mt Kangbochen. Meanwhile, the sixth highest mountain in the world is Cho Oyu (8,201m). Cho Oyu Expedition is a classic Himalayan climb and considered the easiest 8000m peak to climb via its Northwest Ridge, with no technical climbing, big snowfields, and little objective danger. Cho Oyu is easily accessed by 4-wheel-drive vehicle from Tingri, often guided, and is the first 8,000-meter peak for most climbers. Mt. Cho Oyu is located 30.km west of Mt Everest 8,848m and straddles the border between Nepal and Tibet. The peak can be climbed from both Nepalese side up on south face and north-east ridge routes and Tibetan side along the Northwest ridge route with North approach being an easier and a standard route, which was also the route of the first summit. Mt. Cho Oyu is climbable during both spring and autumn seasons.

The Shishapangma + Cho-Oyu (49 days) Expedition combines technical alpine walking with majestic panorama and a combination of cultures unmatched by any other Expedition in Tibet. Xtreme Climbers Treks & Expedition provides a perfect opportunity to ascend two peaks of 8,000m in a same season, due to the proximity to Cho Oyu from Shishapangma, the infrastructure and logistics placed on both mountains by the company. The Chinese offer a modest discount on fees for climbers attempting more than one 8,000m peak in a season, but the permit will have to be finalized well before the first expedition. No reimbursement will be made to such climbers for not making an attempt on Cho Oyu or Shishapangma. For climbers considering both peaks, please contact us to determine if it is the right choice for you.

Facts

- Altitude: 8201m<
- Duration: 54 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: Late spring and autumn
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- The expedition to attempt the mountain from the south was a British Team in 1982.
- Mount Shishapangma was first climbed via the Northern Route on 2 May 1964 by Chinese Expedition led by Xu Jing (Joseph Hsu Ching).
- Mount Shishapangma is also called Gosainthan which means "Place of the Saint" or "Abode of Shiva".

Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft]
- **Day 2 - 3 :** Rest and prepare day for assignment & briefing.
- **Day 4 :** Early in the morning drive from Kathmandu to Kerung Border (2,700m./8,900.ft)
- **Day 5 :** Drive from Zhangmu to Nyalam (3700m) which takes two hours drive by land cursers jeep overnight in Hotel.
- **Day 6 :** Rest Day in Nyalam for Acclimatization
- **Day 7 :** Drive from Nyalam to Chinese Base Camp (3700m) which takes about four hours and overnight in Camp.
- **Day 8 - 9 :** Rest Day at Chinese Base Camp for acclimatization and arrange yaks.
- **Day 10:** Trek from Chinese base camp to Middle Camp (5220m).
- **Day 11:** Trek from Middle camp to Shishapangma Advance base camp (5400m).
- **Day 12 - 33 :** Climbing period to summit Shishapangma (8012m), Camp 1, Camp 2, Camp 3, Summit.
- **Day 34:** Preparation to returning (Clean Base Camp) and trek to Middle camp (5200m) and then drive to Tingri (4300m) overnight at hotel.
- **Day 35:** Drive from Tingri to Middle Camp (5300m) and trek to Advance Base Camp of Cho-Oyu (5700m.), Which takes about four hours. Prepare camp overnight in Camp.
- **Day 36 - 46 :** Climbing Period (summit Period of Mt Cho Oyu 8201m)
- **Day 47:** Preparation to returning (Clean Base Camp) and trek to Middle camp (5300m) and then drive to Tingri (4300m).
- **Day 48:** Drive from Tingri to Zhangmu (1600m) which takes about six hours overnight in hotel.
- **Day 49:** Drive from Tingri to Zhangmu (1600m) which takes about six hours overnight in hotel.
- **Day 50:** Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- All arrival and departure transfer services to and from KTM international airport with other necessary transport as per itinerary.
- Assistance at KTM international airport by Xtreme Climbers during your arrival and departure.
- 4 night hotel accommodation in Kathmandu on B&B basis.
- Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- Appropriate number of porters during the trekking period.
- Land transportation from Kathmandu-Arughat-Kathmandu for all climbing members, Sherpa guide, liaison officer and kitchen staff.
- All Xtreme Climbers kitchen tent, storage tent, dining tent, client tents, toilet tents, tables, chairs and cooking utensils for base camp.
- Common climbing equipment such as: Rope, ice bars, ice screws, and snow bar.
- 3 meals a day: Breakfast, lunch and dinner with tea/coffee.
- Accommodation at hotel/lodge/guest house or tent camps during the trekking period.
- All camping accommodation for members and staff during trekking and climbing period. You will be sharing sleeping quarters with one other member.
- All food and fuel for base camp and higher camps during the climbing period.
- 60kg baggage allowance per person during the trekking period. This will be carried by porters/mules.
- Daily weather report services from Seattle, Washington based company.
- Services of chef and kitchen assistant at advance base camp.
- Trekking Permit (Manaslu Conservation Park entry fee).
- TIMS card (Trekking Information Management System).
- Manaslu restricted area trekking permit during the expedition period.
- Expedition Royalty and permit of Nepal government to climb Mt. Manaslu.
- Nepalese Government Royalty.
- One experienced, trained, government Licensed and 3 time summiteer climbing guide (Sherpa) per person.
- All wages, equipment, medical and accident insurances for all involved staffs during the trekking and climbing period.
- Helicopter rescue insurance for all involved expedition staff.
- Medical consultation services at the base camp with the HRA clinic at base camp.
- Equipment allowances and wages for climbing Sherpas, cooks, kitchen assistant and government liaison officer.
- First aid medical kits for the guides and the staff.
- Satellite phone carried by guide for communication. Available to clients with the cost of \$4 USD per minute.
- Appropriate high altitude food for guides and staff at base camp and above as required.
- Required fixed and dynamic rope during climbing period.
- Heater will be provided at base camp.
- Emergency oxygen mask and regulator provided upon request of client with requirement appropriate charge.
- Each client will have an individual tent available in the Manaslu advanced base camp.
- Solar panel for light and electronics charging.
- VE 25 North-Face tents for camp 1, 2 and 3. Ice fall charges.
- 2 Bottles (Summit Oxygen) will be provided for each member.
- Latest model of Summit or Top out system mask and regulators will be provided.
- Required necessary Sherpa's tents, High food during climbing and insurance.
- Free assistance service for cargo clearance and duties.
- EPI cooking gas and stove will be provided in camp one, three and South Col for cooking food.
- Generator will be providing to back-up the lighting in base camp.
- Transportation of food supply from Kathmandu to base camp by porter/mules.
- Our service charge and government taxes levied in Nepal.
- Complete pre-departure information.
- Flight ticket reconfirmation and visa extension procedure services.
- Summit certificates after your successful summit over Mt. Manaslu
- Welcome and Farewell dinner in a typical Nepali restaurant with cultural show in Kathmandu before departure.

Base Camp Service Includes

- Arrival and Departure: Kathmandu Airport - Hotel transfers – Kathmandu Airport (Pick Up and Drop).
- Hotel Accommodation In Kathmandu: 5 nights hotel in Kathmandu on bed & breakfast Plan-Double Room (sharing basis).

- Hotel in Lasha : 2 Nights Hotel stay in Lasha (twin sharing basis), included meals: Breakfast, Lunch & Dinner.
- Welcome Dinner: One Welcome Dinner in tourist standard restaurant in Kathmandu with Office Staffs.
- Permit: Expedition Royalty and permit of Chinese Government (CMA / TMA) to climb Mt. Cho You.
- Liaison Officer: 1 Government Liaison officer in Tibet with full equipment, salary and accommodation.
- Garbage Management: Garbage Deposit fees.
- Insurance: Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.
- Map: Trekking and climbing map.
- Visa: Visa arrangement for Tibet including Visa fee.
- Air Transportation (Members) : International Flight from Kathmandu – Lhasa and while returning Lhasa - Kathmandu, as per itinerary.
- Air Transportation (1 Guide) : One guide will fly with members from Kathmandu – Lhasa and while returning Lhasa - Kathmandu.
- Land Transportation (Members) : Drive by Jeep from Lhasa to Chinese Basecamp.
- Land Transportation (Staffs) : Kathmandu to Kodari (bus)- Kodari to Chinese Basecamp (Jeep) for All Climbing Sherpas and Expeditions Staffs. (At Chinese Basecamp all members and staffs will meet each other)
- Expedition Stuffs Transportation: Transportation of All Necessary equipment & Foods for all Members and Staffs From Kathmandu to Kodari (by bus), Kodari to Basecamp (by Jeep/Truck) - Basecamp to Advance Basecamp (ABC) by Yak. – While returning: Advance Base camp(ABC) to Basecamp (by Yak), Basecamp to Kodari (by Jeep/Truck) and Kodari to Kathmandu (by bus).
- Member Luggage: Up to 70 Kg per member for personal baggage during the trek carrying by Yaks.
- Lodging & Fooding: Food 3 meals a day (BDL; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house (twin sharing basis) during the trek and Basecamp. Well-managed base camp & ABC set up for member & Staffs.
- Accommodation (twin bed room on sharing basis) from Lhasa to Chinese basecamp: Single room is subject to a charge.
- Yaks: 3 Yaks from Chinese Basecamp to Advance Basecamp and while descending 2 Yaks from ABC to Basecamp.
- Base Camp / Advance BC Staff: Experienced and well-trained Base camp / ABC Cook & kitchen Helpers as required.
- Staff Salary and allowance: All Nepalese staffs & porters daily wages, salary, equipment, foods & clothing.
- Base Camp / ABC Tent: Each member will have individual North-Face VE-25 tent in Chinese Basecamp & Advance Basecamp
- Base Camp / ABC equipment: Foam mattress and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese basecamp staffs, Store tents, Tables & chairs & all necessary cooking gears.
- Heater: Heater for each Dining tent necessary camp.
- Solar/Generator/Light: 1 Solar panel, 1 generator for lights at base camp, battery charge, for laptop and other electronic devices.
- Comprehensive Medical kit for the group.



Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing

including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.

3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in info@xtremeclimbers.com or login to [www.xtremeclimbers.com](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Airfare of international flights.
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu).
- Lunch and Dinner during your stay in Kathmandu (except for the Welcome and Farewell dinner)
- Any packed food/snacks, aerated drinks, bottled drinks, mineral water, alcohol, cigarettes, chocolates, or any other food consumed beyond the prescribed breakfast, lunch and dinner.
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies, satellite phones and internet expenses.
- Clothing, packing items or bags, personal medical kit, personal trekking gear.
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc.
- Transportation services includes only what is listed on the itinerary. Any extra distance travelled will be appropriately charged.
- Any additional staff other than specified.
- Rescue, repatriation, medicines, medical tests and hospitalization expenses.
- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Walkie-talkies & Filming permit (if you have a special camera).
- Personal climbing gear.
- Nepal custom duty for import of expedition equipment.
- Items of personal nature, laundry expenses, tips.
- Tips, gifts, souvenirs.
- Airfare of international flights.
- Nepal entry visa fee (Visa insurance is easy upon arrival)
- Any extra services, products, offers or activities which are not mentioned in the itinerary.
- Any other item not included in "THE PACKAGE COST INCLUDES" section

