



# CHO OYU

## RAPID ASCENT™

DURATION: 29 DAYS

LOCATION: TIBET

SKILL LEVEL: ADVANCED

 ALPENGLOW



# CHO OYU RAPID ASCENT™ EXPEDITION

## Expedition Details

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DURATION: 29 DAYS

LOCATION: TIBET

SKILL LEVEL: ADVANCED

SEASON: FALL

### DIFFICULTY LEVEL DESCRIPTION:

Advanced - Must be able to climb moderate rock, ice, and snow terrain, often with an alpine pack on your back. You should be comfortable with camp craft in high-altitude camps, and able to perform at a high level for multiple days in a row at altitude.

### PREREQUISITES:

Climbers must have substantial climbing experience to join. Prior ascents of multiple 6000 - 7000 meter peaks is required.



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# Expedition Introduction

## Why Climb in Tibet?

*With increasing stability in Tibet being contrasted by increasing instability in Nepal, we've found great success both on the North Side of Everest and on Cho Oyu. Our team's strengths cater well to the increased remoteness and complex logistics of Tibet.*

Many members of our team (including Sherpa, cooks, doctor, and guides) have worked extensively in Tibet and make our team one of the most experienced to offer climbs in this country.

Tibet also offers unparalleled access to base camp, allowing us to quickly move to base camp. This access is instrumental in our Rapid Ascent™ approach eliminating the need for slow moving trekking days.



## ROUTE CHOICE

We climb the west face of Cho Oyu, which is a fairly moderate route earning Cho Oyu the “easiest 8000m peak” designation while featuring just one distinct crux. Between camp 1 and 2 lies a steep ice fall that climbers must navigate through. From camp 2 we make our summit push, only stopping for a night at camp 3 if we need to.

## HISTORICAL OVERVIEW

The first attempt to climb Cho Oyu came in 1952. Led by Eric Shipton the team included Edmund Hillary, Tom Bourdillon and George Lowe. Ultimately Hillary and Lowe were turned back due to avalanche conditions. The first successful summit came in October of 1954 by and Austrian named Herbert Tichy and his team. This marked the 5th ascent of an 8000m peak after Annapurna, Everest, Nanga Parbat and K2.





## 29 Day Itinerary

An 8000m peak is a huge time commitment any way you look at it, and our 29-day itinerary slashes 40% off the time of a traditional itinerary. All of a sudden the impossible time investment that used to be 45 days starts to become achievable.

With the shorter in-country time commitment, we're able to capitalize on arriving fresh and

healthy from pre-acclimatization at home giving us an advantage when it's time to make the summit push a few short weeks later.

The goal of the entire approach is to preserve hard won fitness, acclimatization and preparation by minimizing unnecessary down time and waiting on the mountain.



A majority of climbers who attempt Cho Oyu are on the road to Everest. Cho Oyu serves as the perfect first 8000m and provides crucial experience towards a successful bid on Everest.

See more trips at  
[ALPENGLowEXPEDITIONS.COM](https://ALPENGLowEXPEDITIONS.COM)



## About Alpenglow Expeditions

*Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.*



### About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

### History of Alpenglow Expeditions

Founded in 2004 by IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

# About Alpenglow Expeditions

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## Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 10 summits of 8,000 meter peaks (including 6 summits of Mt. Everest).



## Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

## LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.



*After 15 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment.*

## The Alpenglow Difference

*Alpenglow Expeditions' Rapid Ascent™ climbs are an entirely new way to approach big-mountain expeditions.*

### Rapid Ascent™ Strategy

First developed by Adrian Ballinger, Rapid Ascent™ is a unique approach to climbing big mountains across the world. This innovative program combines hypoxic training at home with precise logistics and small team sizes to reduce the overall time spent away from home, all while greatly increasing the chance of success on your international climbing expedition.

By pre-acclimatizing for 6 weeks at home, we're able to reduce the overall expedition time to 28 days. It is due to this pre-acclimatization that we are able to move relatively quickly across the Tibetan plateau to base camp with no ill effects.

### 1:4 Guide to Climber Ratio

All guides are IFMGA qualified or aspirants working towards finishing their certification. This 1:4 Guide to climber ratio is the lowest in the Himalaya and allows for the highest quality climbing experience.

### 1:1 Sherpa support on Summit Bid

Having a private Sherpa ensures we have the strength and flexibility to set our entire team up for success. All of our Sherpa have worked on Cho Oyu and Everest for many years.

# The Alpenglow Difference

## EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

## SWISS WEATHER FORECASTS

Having a quality forecast for Cho Oyu maximizes both our safety and our summit success. These weather forecasts were originally developed for aircraft traveling at the altitudes that we climb at.

## FIVE BOTTLES OF OXYGEN PER CLIMBER

5 bottles. 1 is for C1-C2 (usually used from top of ice cliff up but that is guide choice when to begin use...some guides use 2L from c1 to ice cliff, then 4L from ice cliff to c2). 1 bottle for sleeping at c2 on .5L (c2 is very low so no need of 1L). Using only .5 leaves lots of extra in this bottle for descent from c2 after summit. 2 bottles on summit push at 4L, and a spare bottle for every team member. On summit push Some guides use 2L from c2-C3 and then bump to 4L for C3-summit.

## HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the mountain, ensuring your strength and health throughout the expedition.

## UNLIMITED WIFI INTERNET IN BASE CAMP

We understand the modern need for technology, and this allows you to stay in touch with home and office via email, text message, and phone at no additional expense. In addition, base camp now boasts cell phone service due to a new cell tower in the vicinity.







# The Alpenglow Expeditions Team

## Expedition Leader — Adrian Ballinger

Alpenglow Expeditions' logistics, guiding, Base Camp staff, food, and equipment are of the absolute highest level possible.

As with all of Alpenglow's 8,000-meter peak expeditions, Cho Oyu is organized and led by IFMGA Guide, Adrian Ballinger.

Adrian is one of the most recognized guides in the Himalaya, with an impeccable safety record and twelve 8,000 meter peak summits, all while guiding or rope-fixing for guided teams.

Adrian has extensive experience organizing complicated logistics for large Himalayan teams (*including 6 years as lead guide for one of the Himalaya's largest companies*), as well as countless hours on the mountain rope-fixing with Sherpa, guiding members, and assisting and organizing rescues.

## TEAM MEMBER REQUIREMENTS

Known as the "easiest" 8000m peak, Alpenglow maintains a deep respect for the nature of this mountain and you will never find us underestimating its potential dangers. We require that our team members will have had prior ascents of multiple 6000 - 7000 meter peaks before joining this expedition.

## Alpenglow's Guides, Sherpa + Climbers

Alpenglow offers an exceptional level of competency, safety, and comfort on Cho Oyu expeditions. Our team will be limited to 12 members, with certified guides and the best Sherpa and cooks available (*staff we have been working with for more than a decade*).

Our small group size allows us to adapt to changing conditions and weather far more easily than many commercial teams, which have become so large over the last decade that they have become difficult to manage. Our member to Sherpa (**3:2**) and member to guide ratios (**1:4**), the comforts of our Base Camp, our fresh and nutritious food, and our use of maximum oxygen are details that add up to a far more enjoyable experience and successful climb.

## Local Logistics Team

For our Cho Oyu expedition, Alpenglow has partnered with the premier logistics operator to provide base camp infrastructure, food and base camp staff.



## Route Description + Itinerary

Our journey begins on the way to Base Camp. We will arrive in Chengdu, China as a team before making our last flight together into Lhasa. From Lhasa we'll drive across the Tibetan plateau, taking in stunning scenery through the vast plains. After two days of driving we arrive at our destination. Base Camp sits at 15,750 feet (4,800 meters) and we spend very little time here. Our pre-acclimatization program means the drive and time spent in Base Camp encompasses only 4 days total, as opposed to the week or more standard expeditions require. After our arrival in Base Camp, we will spend a day organizing our equipment before we begin our climb.

With each member pre-acclimatized, we will move from Base Camp to Advanced Base Camp (ABC) in one day. ABC is where we will spend most of our time on Cho Oyu. Our camp is perched in a glacial moraine sitting at 18,700 feet (5,699 meters) and offers a comfortable, sunny environment. ABC features signature Alpenglow infrastructure – heated dining tents, a fully stocked kitchen, a heated communications and hangout tent, internet access, and much more.

After some necessary rest and acclimatization hikes around ABC and to the nearby Nangpa La (a famous glaciated pass that leads into Nepal and is often traveled by local traders), we will move up to Camp 1, situated at 21,000 feet (6,400 meters). The climb to Camp 1 begins on easy terrain as we follow the morainal valley to a small lake. Then we will climb up a steep, challenging scree slope to a camp situated in a protected bowl on the glacial ridge. We spend at least 2 nights in Camp 1. During this time, we will also complete an

acclimatization climb over a short but challenging ice cliff (a steep 20-30 meter climb of firm ice on fixed lines), and across broad glaciated slopes perhaps all the way to Camp 2, located at 23,000 feet (7,000 meters). We will not spend the night in Camp 2, since we will use oxygen above this altitude on our summit push. After this climb up to Camp 2 we will descend back down to ABC to rest and prepare for our summit push.

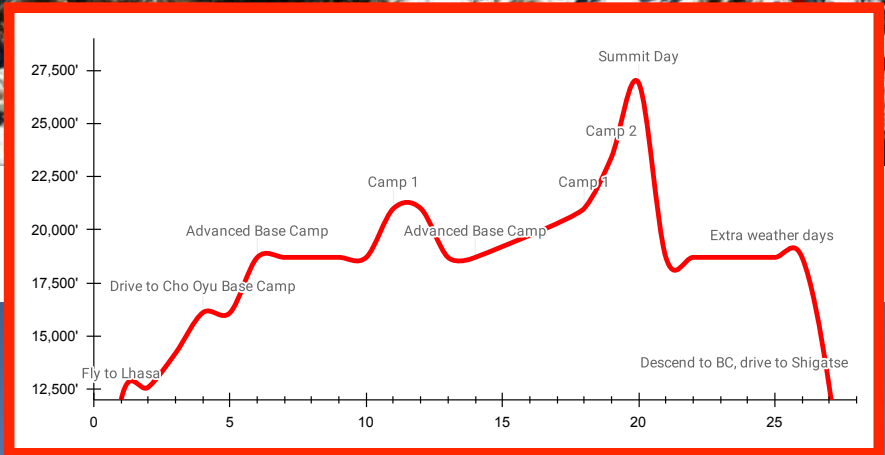
Our final ascent utilizes Camp 1 and Camp 2, the highest situated at 21,000 feet (6,400 meters). Our summit push begins from Camp 2, climbing straight through Camp 3 on our way to the summit. Beyond Camp 3 we are greeted with the route's technical crux across a short, steep rock step.

***From there, the route continues through thirty to forty degree snow slopes up to the summit plateau. Cho Oyu's summit plateau is almost flat and the route traverses all the way to its far end. The true summit rewards us with views of countless Tibetan and Nepali peaks, including inspiring sights of Mt. Everest.***

From the summit we will descend back down to Camp 1, where we spend the night, and then continue down to ABC to celebrate our successful summit. Some climbers may be able to descend all the way to ABC in one push from the summit.



## Map Overview





## Daily Itinerary Overview

**DAY 1** — Arriving into Chengdu by the afternoon/evening, this “day zero” sets the team up for the start of the trip and flying as a team to Lhasa the next day. This day is not considered part of the Alpenglow trip.

**Activity.** Arrive in Chengdu, China  
**Sleeping Elevation.** 1,600’  
**Lodging.** Hotel TBD  
**Meals.** None

**DAY 2** — Welcome to Tibet! The short flight from Chengdu arrives in the ancient city of Lhasa around midday. From the airport it is an hour drive into Lhasa, where you will have a bit of time to walk around the old city, and enjoy a traditional Tibetan dinner.

**Activity.** Fly to Lhasa, Tibet  
**Moving Hours.** 2.5hr flight  
**Sleeping Elevation.** 12,000’  
**Lodging.** St. Regis  
**Meals.** Breakfast

**DAY 3** — The Potala Palace, former home of the Dalai Lama, and ancient Jokhang Monastery, are two of Tibet’s most important cultural sites, and imperative to beginning to understand this unique place. After a morning exploring with your local guide, you will head out across the Tibetan Plateau along the now paved road to Everest, stopping for the night in Shigatse, and our simple but clean hotel.

**Activity.** Explore Lhasa, drive to Shigatse  
**Distance Covered.** 180 mile drive  
**Moving Hours.** 5-6 hours  
**Elevation Gain/Loss.** +600’  
**Sleeping Elevation.** 12,600’  
**Lodging.** Hotel in Shigatse  
**Meals.** Breakfast

**DAY 4** — From Shigatse, the drive takes you closer and closer to the massive mountains rising ahead. To aid in our acclimatization, the team will spend the night in Shegar. This small town is only a few hours from base camp and gives our bodies needed time to further acclimatize for the days and weeks ahead.

**Activity.** Drive to Shegar  
**Distance Covered.** 160 mile drive  
**Moving Hours.** 5-6 hours  
**Elevation Gain/Loss.** +1,600’  
**Sleeping Elevation.** 14,200’  
**Lodging.** Hotel in Shegar  
**Meals.** Breakfast

# Daily Itinerary Overview

**DAY 5** — We will continue along the Tibetan Plateau, passing the road to Everest Base Camp, before leaving the main road and heading up the valley towards Cho Oyu. As you head up the valley, with views of the highest mountains in the world, you'll begin to feel the change in landscape. Shortly thereafter you'll be stepping out into Base Camp, where you'll spend the next 2 nights before moving on to ABC as home base for the majority of the expedition.

**Activity.** Drive to Cho Oyu Base Camp  
**Distance Covered.** 60 mile drive  
**Moving Hours.** 3 hours  
**Elevation Gain/Loss.** +1,900'  
**Sleeping Elevation.** 16,100'  
**Lodging.** Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 6** — You'll spend the day resting in basecamp, with the opportunity to stretch your legs on a short walk, while continuing to let your body adjust to higher and higher altitudes. Basecamp is a simple setup, but is an important step in acclimatization before you continue on higher. Today's rest day is a great opportunity to begin organizing gear.

**Activity.** Rest Day  
**Sleeping Elevation.** 16,100'  
**Lodging.** Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 7** — The move to ABC brings a continued increase in altitude, along with the first real views of Cho Oyu, and Alpenglow's proper base camp setup. Because Base Camp sits relatively low, you'll be spending the rest of your time in Advanced Base Camp and above. With ABC as your new home, Alpenglow's setup is more substantial than Base Camp, with heated dining tents, fully stocked kitchen, heated communications and hangout tent, internet access, and much more.

**Activity.** Move to ABC  
**Distance Covered.** Drive 5 Miles, Walk 7 Miles  
**Moving Hours.** 4-8 hrs  
**Elevation Gain/Loss.** +1,800'  
**Sleeping Elevation.** 18,700'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 8 & 9** — Situated at 18,700', spending two days rest in Advanced Base Camp gives your body much needed time to adapt. While small walks will allow your legs to stay limber, we spend these two days enjoying ourselves with the full infrastructure of ABC.

**Activity.** Rest in ABC  
**Sleeping Elevation.** 18,700'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 10** — Today's acclimatization brings you truly onto Cho Oyu, and will be the first of many spent above 20k feet. While today will challenge you more than the expedition has to date, it is a critical step in preparing our bodies, and returning to ABC lets us recover in style. This part of the route will be repeated a number of times, and will only get easier as your expedition continues.

**Activity.** Acclimatize to C1 and back  
**Distance Covered.** 5.6 Miles  
**Moving Hours.** 4-9 hours  
**Elevation Gain/Loss.** +/- 2,300'  
**Sleeping Elevation.** 18,700'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

# Daily Itinerary Overview

**DAY 11** — After yesterday's push, you'll be eager for another days rest in ABC. These many days of rest early in the trip will preserve your body for later in the trip when the days get longer and the climbing moves higher.

**Activity.** Rest in ABC  
**Sleeping Elevation.** 18,700'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 12** — Your first big move of the expedition, today you'll climb back up to C1, and spend your first night at 21,000'. With the goal of touching 23,000' during your acclimatization rotation, before your summit push, spending the night at Camp 1, in position to climb above the ice cliff, is a necessary step for a successful push to the summit.

**Activity.** Move to C1  
**Distance Covered.** 2.8 miles  
**Moving Hours.** 4-8 hours  
**Elevation Gain/Loss.** +2,300'  
**Sleeping Elevation.** 21,000'  
**Lodging.** C1  
**Meals.** Breakfast, Lunch & Dinner

**DAY 13** — Another elevation benchmark, you'll touch 23,000' today, climbing above the Ice Cliff and potentially even higher. Not only is this a new elevation high point for many climbers, but it also gives us a chance to inspect, and conquer the most challenging part of the route, the Ice Cliff. After climbing past the Ice Cliff you'll return to C1 for a second night.

**Activity.** Climb above Ice Cliff  
**Distance Covered.** 1.8 Miles  
**Moving Hours.** 3-6 hours  
**Elevation Gain/Loss.** +/- 2,000'  
**Sleeping Elevation.** 21,000'  
**Lodging.** C1  
**Meals.** Breakfast, Lunch & Dinner

**DAY 14** — Your acclimatization rotation is complete and you've touched 23,000'. Today you'll descend to ABC for a few days rest, in preparation for a push to the summit. As you descend, you'll fill your lungs with more and more oxygen with each breath, and while tired, you're getting closer and closer to your goal.

**Activity.** Descend to ABC  
**Sleeping Elevation.** 18,700'  
**Distance Covered.** 2.8 miles  
**Moving Hours.** 2-4 hours  
**Elevation Gain/Loss.** -2,300'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAYS 15-18** — With a rotation above 23,000' under your belt, now is time to let your body recuperate. Alpenglow's full infrastructure in ABC will be a welcomed luxury after nights spent on the mountain and 4 days of rest will do wonders for your energy when it comes time to push for the summit.

**Activity.** Rest in ABC  
**Sleeping Elevation.** 18,700'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

**DAY 19** — Your time has finally come! Your summit push has begun, and for the third time you'll be headed from ABC up to C1. By now, your body has acclimatized and rested, and you've covered this terrain twice before. You'll be moving faster and the excitement of your summit push will certainly help.

**Activity.** Rest Day  
**Sleeping Elevation.** 21,300'  
**Lodging.** Advanced Base Camp  
**Meals.** Breakfast, Lunch & Dinner

# Daily Itinerary Overview

**DAY 20** — From C1 you will return to the ice cliff, climbing through the hardest part of the route, and on to C2. This time, you may don oxygen starting at C1 or the Ice Cliff, and will continue on oxygen to the summit. With each step you are closer to the goal, and by the time you crawl into your tent, you'll have passed through the most technically challenging terrain on the mountain.

**Activity.** Summit Push: C1 to C2  
**Distance Covered.** 1.2 Miles  
**Moving Hours.** 5-8 hours  
**Elevation Gain/Loss.** +2,400'  
**Sleeping Elevation.** 23,400'  
**Lodging.** C2  
**Meals.** Breakfast, Lunch & Dinner

**DAY 21** — Today is the day you've been waiting for; Summit Day! This will be your longest day of the trip, but certainly the most rewarding. The climbing slows down significantly from 7,000m on, and will physically tax you, but the rewards of a 8,000m summit are indescribable. After climbing to the summit, you'll descend to C1, and maybe on to ABC.

**Activity.** Summit Push: C2 to Summit  
**Distance Covered.** +1 mile, -2.25 miles  
**Moving Hours.** 12-18 hours  
**Elevation Gain/Loss.** 3,000' / -5,800'  
**Sleeping Elevation.** 21,000'  
**Lodging.** C1  
**Meals.** Breakfast, Lunch & Dinner

**DAY 22** — Most climbers descend to C1 on their summit push before resting and returning to ABC the next day. This is the last bit of your push, and your exhausted body will be rewarded with the luxuries of ABC. While you will be tired, the feelings of accomplishment and rewards of a summit will make you feel oddly energetic.

**Activity.** Descend to ABC  
**Distance Covered.** 2.8 Miles  
**Moving Hours.** 2-4 hours  
**Elevation Gain/Loss.** -2,300'  
**Sleeping Elevation.** 18,700'  
**Lodging.** ABC  
**Meals.** Breakfast, Lunch & Dinner

**DAYS 23 - 26** — Like all high altitude peaks, weather and other challenges can dramatically impact our timing and climbing schedule. We include an extra 4 days in the itinerary for unexpected changes or weather impacts. If these days are needed, the acclimatization will be adjusted accordingly. If not, you will be headed home early with an 8,000m peak to tell family and friends about!

**Activity.** Extra Days for Summit  
**Meals.** Breakfast, Lunch & Dinner

**DAY 27** — After a summit push there's one important thing for you to do...celebrate! You'll spend the day in ABC resting, recovering and reminiscing on the incredible climb that was just completed. And we'll pack a little too.

**Activity.** Celebrate in ABC  
**Sleeping Elevation.** 18,700'  
**Lodging.** ABC  
**Meals.** Breakfast, Lunch & Dinner

## Daily Itinerary Overview

**DAY 28** — We'll pack our things and descend to the vehicles just down valley. With the massive form of Everest, Cho and the other Himalayan giants slowly fading in your rear view mirror, we'll make the all day drive to Shigatse.

**Activity.** Descend to BC and drive to Shigatse

**Distance Covered.** Walk 7 Miles, Drive 235

**Moving Hours.** 9-10 hours

**Elevation Gain/Loss.** -6,200'

**Sleeping Elevation.** 12,600'

**Lodging.** Shigatse

**Meals.** Breakfast, Lunch & Dinner

**DAY 29** — Your morning flight to Chengdu arrives midday, most team members will choose to catch their international flights home that evening. You can also stay another night in Chengdu and fly home the next morning.

**Activity.** Fly to Chengdu

**Moving Hours.** 3.5 hour flight

**Sleeping Elevation.** 1,600'

**Lodging.** Hotel or fly home

**Meals.** Breakfast





# Travel Details

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## FLIGHTS

Climbers should schedule flights to land in Chengdu, China on day 0 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Flights into Lhasa are handled by the Alpenglow logistics team and are included in pricing to ensure a smooth transition into Tibet.

If you do not have a travel agent, we recommend using kayak.com as a primary source for finding low-fare airfares.

## VISAS

Chinese visas are required and must be arranged in advance. We recommend applying for a 10-year visa if you plan on visiting China or Tibet in the future. Contact our team for recommendations. We recommend CIBT for your visa needs.

## SHUTTLE TO BASE CAMP

From Lhasa, we'll board a private shuttle that will carry our team and gear all the way to Base Camp over a multi-day period.

*Please confirm your itinerary with Alpenglow Expeditions before purchasing.*





## Accommodations

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*All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.*

### IN-TOWN

For our two nights in Lhasa, we stay in a luxury hotel called the St. Regis. We utilize this time to recharge our batteries from the lengthy international travel. While on the road to base camp we stay in the best hotels available in Shegar and Shigatse. Unfortunately, there aren't luxury options but we stay in the best hotels available.

### SINGLE SUPPLEMENT

If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this. Single supplement tents are available in base camp, however double occupancy tents are required for all camps on the mountain.

### ON-MOUNTAIN ACCOMMODATIONS

Base camp life includes a 3 person personal tent for you and another team member. Alpenglow's base camp infrastructure includes a dining tent complete with a lounge area that is made as comfortable as possible with heaters, plush chairs, and cushy rugs.

Advanced base camp includes 3 person tents for sleeping and personal items, and is complete with a dining tent.

Above base camp, we move to the traditional style mountain camps. These will all be pre-built by our sherpa team ready to go for your arrival each afternoon.



## General Trip Information

### FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Lhasa to provide the best options to our team. Our western trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

### MOUNTAIN TRAINING

Cho Oyu is obviously a large physical undertaking, and climbers who are joining our teams should have a deep understanding of what it takes to train for a mountain like this. For a personalized training schedule, please reach out to Lynette at Billy Goat Swift: [lynette@billygoatswift.com](mailto:lynette@billygoatswift.com).

### ACCLIMATIZATION FOR NON-RAPID ASCENT CLIMBERS

While our daily itinerary doesn't change, there is an option for climbers who wish to acclimatize in-country prior to day 1 of the itinerary. Please contact the office to discuss options.

### MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

### On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

## INCLUSIONS

**The cost of your trip includes** your land costs (excluding in-town meals). This includes:

- Double occupancy lodging while in town, according to itinerary.
- Meals on the mountain
- Group camping and climbing equipment
- Base camp and mountain infrastructure
- Scheduled transportation while in the countries we are visiting
- Certified guides

## CANCELLATION POLICY

View our cancellation policy online at [alpenglowexpeditions.com/cancellation-policy-international-expeditions/](http://alpenglowexpeditions.com/cancellation-policy-international-expeditions/).

## INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

## EXCLUSIONS

**The cost of your trip does not include:**

- Flights to/from the city where the expedition begins
- Additional nights in hotel outside of the itinerary, this includes but is not limited to extra hotel nights due to an early summit bid and early departure from the mountain.
- Airport taxes
- Visas
- In-town meals
- Immunizations
- Tips for guides or local staff
- Travel, rescue, or any other type of insurance
- Hospitalization or evacuation costs
- Single supplement room charges
- Excess baggage charges
- Alcohol
- Antigen/PCR Covid test cost
- Other personal expenses
- Airport transportation for early arrival/late departures outside of scheduled itinerary

*\*\* The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.*





## Expedition of a Lifetime

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*Summit success is only achievable with your hard work and perseverance, and of course the right team of people around you.*

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

**ALPENGLOW**  
expeditions

[ALPENGLOWEXPEDITIONS.COM](http://ALPENGLOWEXPEDITIONS.COM)

### BOOKING + INQUIRES

For booking details, questions, or more information please call or email us:

**1 (877) 873-5376**

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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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