

Himalaya  
Indian  
Sub-continent

# Cholo Expedition (6097m)



## trip highlights

A rare opportunity to climb Cholo (6097m)

Hike up the Thame valley and cross the Renjo La (5340m)

Spectacular mountain views deep in the Everest region

Climb with a highly experienced team and capture the spirit of adventure, with indelible memories forged among the highest mountains on earth

Immerse yourself in Kathmandu



Trip Duration	21 days	Trip Code: ABI
Grade	Intermediate Mountaineering Expedition	
Activities	Mountaineering, Trekking	
Summary	21 day trip, 18 day trek/mountaineering, 15 nights camping, 2 nights hotel, 3 night eco lodge	

## welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Cholo Expedition (6097m), a journey that captures the essence of a unique adventure.

## why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering expeditions in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable expedition in the Himalaya. Our Cholatse Expedition is expertly led by an experienced World Expeditions guide highly trained in remote first aid, as well as knowledgeable crew that share a passion for the mountains in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use comfortable 3 and 4 star accommodation in hand picked hotels, and well maintained, good quality equipment on the mountain and on trek. On all our challenging treks and expeditions in Nepal we carry a portable high altitude chamber and satellite phone. The highest standards of hygiene are strictly maintained, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each day. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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Please note the single supplement on this trip is for the hotel only. During the trekking portion, single tents are provided for all trekkers without additional cost subject to availability. Above base camp, during the actual climbing portion of the expedition, all group members are required to share a tent. Depending on the make up of the group, males and females may be required to share.

## Inclusions Valued at:

Meals: 800

## the trip

In a spectacular corner of the Everest region lies Cholo (6097m/20,003ft), one of the twin peaks of Abi Himal. A mecca for mountaineers, this is a dramatic region where several of the world's highest mountains, including Everest and Cho Oyu, dominate the skyline. Building on our previous summit successes on this peak, World Expeditions continue to offer an exciting itinerary to climb Cholo, a rarely climbed peak due to its hidden but highly dramatic location just south of the giant south face of Cho Oyu, at the very northern end of the Gokyo valley. We will access the peak over the dramatically situated Renjo La, with the Gokyo valley stretching out before us and views into Tibet, to the wild upper Bhote Kosi. Cholo sees very few expeditions and it is incredibly unique to have such an off the beaten path experience close to some of the main trekking routes in the Khumbu region. For an experienced and motivated mountaineer, this expedition will push you to new heights in one of the world's premier climbing destinations. This mountain offers the total package in terms of mountaineering in the Nepal Himalaya, with at times technical climbing justly rewarded. The view from the summit is hands down the best mountain view in the Himalaya, with breathtaking vistas spanning 360 degrees to across the whole region. You can gaze upon both the North and South Col of Everest which is very rare, along with Lhotse, Makalu and Cho Oyu. The secret is out and Cholo is set to become one of the most sought after objectives for mountaineers looking to go to the next level. This is a trip which truly captures the spirit of adventure and will leave you with indelible memories of adventure among the highest mountains on earth.

## at a glance

DAY 1	JOIN KATHMANDU
DAY 2	FREE DAY IN KATHMANDU OR DRIVE TO RAMECHAP (APPROX 5 HOURS)
DAY 3	FLY TO LUKLA, TREK TO MONJO (2850M). WALK APPROX 4-5 HOURS.
DAY 4	TREK TO NAMCHE BAZAAR (3400M)
DAY 5	IN NAMCHE BAZAAR, REST AND ACCLIMATISE
DAY 6	TREK TO THAME (3800M)
DAY 7	TREK TO MARLUNG (4000M)
DAY 8	IN MARLUNG, REST AND ACCLIMATISE
DAY 9	TREK TO YAK KHARKA (4900M)
DAY 10	CROSS THE RENJO LA (5340M)
DAY 11	IN GOKYO
DAY 12	TO CHOLO BASE CAMP (5340M)
DAY 13	CHOLO BASE CAMP
DAY 14	CHOLO HIGH CAMP (5650M)
DAY 15	CLIMB CHOLO (6097M)
DAY 16	CONTINGENCY DAY
DAY 17	TREK TO DOLE
DAY 18	TREK TO MONJO
DAY 19	RETURN TREK TO LUKLA
DAY 20	FLY TO KATHMANDU OR RETURN VIA RAMECHAP
DAY 21	IN KATHMANDU, TRIP CONCLUDES

## what's included

- Return flights to and from Lukla (valued at US\$490)
- All meals during the trek and climb: 20 breakfasts, 18 lunches and 18 dinners (valued at US\$720)
- World Expeditions trek pack including quality sleeping bag, down or fibre-fill jacket and insulated mat (valued at US\$500)
- Climbing pack including ice axe, crampons and harness



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## trip dates

**2026** 27 Sep - 17 Oct

**2027** 26 Sep - 16 Oct

## fast facts

### Countries Visited:

Nepal

### Visas:

Please check visa requirements with your reservations consultant\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Singles:

A single supplement is available for this trip\*

### Leader:

Experienced English speaking mountaineering guide

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

- All park entrance fees, trekking and climbing permits
- Good quality hotel accommodation in Kathmandu
- Accommodation in fully serviced wilderness campsites during the expedition
- Private transportation
- Airport transfers if arriving on Day 1 and Day 21, or with pre/post-tour accommodation booked through World Expeditions
- Extra baggage allowance on Lukla flights (total 20kg)
- World Expeditions mountaineering leader
- Fully supported expedition with climbing Sherpa support at a 1:3 climber ratio
- Safety equipment including portable Altitude Chamber, group medical kit and satellite phone
- Daily supply of safe treated drinking water to reduce single-use plastic waste
- Ethical porter and climbing Sherpa support including fair wages, insurance, protective clothing, food, shelter and responsible load limits
- Souvenir World Expeditions kit bag

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## what's not included

- International flights
- Airport and departure taxes
- Visa fees
- Travel insurance (compulsory)
- Meals not listed as included
- Personal expenses such as phone calls and laundry
- Bottled water, aerated and alcoholic drinks
- Tips and gratuities
- Any items not listed as included

## detailed itinerary

### DAY 1 Join Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel

meals: NIL

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## thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

## trip grading Intermediate Mountaineering Expedition

Participants should be competent and self sufficient in the outdoors and have experience in multi day trekking at altitude. Prior experience on an entry level mountaineering expedition is highly recommended. The terrain will involve low to moderate angle snow slopes and travelling on crevassed glaciers. Experience using ice axe and crampons is preferred but not essential.

## technical grading

### Intermediate

The conditions are variable with generally low angled slopes with some sections of moderately steep snow or easy rock where ropes are required. Some basic rock climbing and abseiling involved.

### DAY 2 Free day in Kathmandu or drive to Ramechap (approx 5 hours)

Depending on the season, you will either have a free day to explore Kathmandu's bustling streets and significant landmarks or embark on a bus ride to Ramechap, a small town that operates flights to Lukla, the gate way trekking in the Everest region. Overnight: Radisson Hotel or Private eco-camp

\*NB: Domestic flights to/from Lukla during Spring and Autumn trekking seasons (March-May and October-December) may operate from Manthali Airport, Ramechap. This is determined by the Civil Aviation Authority of Nepal and dates are subject to change. Your leader will brief you on flight arrangements locally.

meals: B

### DAY 3 Fly to Lukla, trek to Monjo (2850m). Walk approx 4-5 hours.

We transfer to the airport for the 45 minute flight to the STOL airstrip at Lukla. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvellous views of the Eastern Himalaya. At Lukla we are immediately impressed by the scale of the huge peaks that surround the village but this is only a foretaste of what is to come. Our crew assemble and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. Today we cross and re-cross the thundering glacial river. The broad and well-marked trail meanders around fields of potatoes and buck-wheat and passes through small villages, as we pass rows of tree dahlia to make our way to our first overnight stop at our private eco campsite at Monjo.

meals: B,L,D

### DAY 4 Trek to Namche Bazaar (3400m)

This morning we pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area and the few local people who have a permit to cut wood must gain approval from the authorities on the basis of it being primarily for their personal use. We follow the river course to the confluence of the Dudh Kosi and the Bhote Kosi, and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche, and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain. Overnight: eco-lodge

meals: B,L,D

### DAY 5 In Namche Bazaar, rest and acclimatise

Sagarmatha National Park Headquarters just above our private eco campsite offers a very interesting display of photographs, memorabilia and information on the park, and the hill above is a wonderful vantage point for the spectacular view up the Imja Khola Valley towards Everest. The change from the narrow lowland valleys to the broad glacial ones is immediately obvious. The steep-sided glacial valley before us gradually winds towards the base of Everest, broken only by the moraines left by retreating glaciers. Its more gradual rate of climb is a blessing for those trekking higher. Towering to over 4000 metres above the valley floor, spectacular peaks seem to engulf us. Around us are Taweche (6542 m), Thamskerku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) and Lhotse (8511 m). The greatest of

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## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

all, Mt Everest (8848 m), rises at the head of the valley. The Sherpa Cultural Centre has an interesting collection of mountaineering items and photographs. Those who are fit and acclimatising well may wish to take the optional walk to the Everest View Hotel (4-5hrs) where spectacular views of Everest and Ama Dablam may be seen.

For those feeling well acclimatised there is also the option of a day walk to the pretty village of Khumjung. Khumjung is where Sir Edmund Hillary built his "Schoolhouse In the Clouds" and the famed Khunde hospital is close by. World Expeditions supports both of these famous community facilities, as well as the many other projects operated by the Himalayan Trust. There will generally be the opportunity for you to visit the hospital and school. We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the "scalp of a yeti".

Overnight: eco-lodge

meals: B,L,D

### DAY 6 Trek to Thame (3800m)

We head west along the valley of the Bhote Kosi to the remote valley of Thame. The route is situated at an important junction along the old primary trade route to and from Tibet via the Nangpa La (Pass). We cross Phurte and Thamo villages. We descend down to the river and cross a bridge before making a final steep climb to Thame. There is a spectacular monastery on the way. Overnight: Wilderness camping

meals: B,L,D

### DAY 7 Trek to Marlung (4000m)

We ascend further up the valley towards the Renjo La. It is an isolated valley, and as we head further north the bustle of Namche feels far away. There is a chance we will meet Tibetan traders descending from the Nangpa La pass. This is an ancient trading route that leads through the Himalayas from Tibet. Traders still use this route today with their caravans of woolly yaks laden with goods. We can explore the Sherpa villages of Yellajung and Taranga before arriving at our wilderness campsite at Marlung.

meals: B,L,D

### DAY 8 In Marlung, rest and acclimatise

A day to rest and acclimatise as we build strength and energy for the weeks ahead.

Overnight: Wilderness camping

meals: B,L,D

### DAY 9 Trek to Yak Kharka (4900m)

A slow and steady climb today as we cross deserted yak pastures and climb high into the mountains. Keep an eye open for Himalayan Thar on the rocky slopes, which are often spotted in this region. There are great views today of Cho Oyu and Machhermo Peak. Our wilderness campsite is at the base of the pass, our goal for tomorrow.

meals: B,L,D

### DAY 10 Cross the Renjo La (5340m)

Crossing the Renjo La Pass will be exciting and challenging. From Yak Kharka we have a 3 hour ascent through boulders and a zig zagging incline to the top of the high pass at approximately 5340m. From atop the pass the views are truly spectacular, with panoramic views of giant Himalayan mountains in every direction.

Overnight eco-lodge.

meals: B,L,D

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## DAY 11 In Gokyo

Today will be spent in picture perfect Gokyo, an excellent location for a rest and acclimatisation day. Overnight eco-lodge.

meals: B,L,D

## DAY 12 To Cholo Base Camp (5340m)

There are great views today of Cho Oyu and Cholatse. A slow climb after lunch as we cross deserted yak pastures and climb high into the mountains. This is spectacular high alpine terrain and Base Camp will be in a secluded spot near a small lake at the base of the Abi Himal icefall. We follow the normal path to the Cho La, but turn north shortly before the base of the pass and follow a broad and easy angled ridge for a few hours to base camp. Overnight: Wilderness camping

meals: B,L,D

## DAY 13 Cholo Base Camp

A day set aside to rest and for preparations at base camp. Overnight: Wilderness camping

meals: B,L,D

## DAY 14 Cholo high camp (5650m)

High Camp will be established on the saddle between the two peaks of Abi Himal, Cholo and Kangchung at an altitude of about 5500m. The exact location of high camp will be dependent upon the condition of the icefall. We will launch our climb of Cholo from this high camp, which is situated in a truly spectacular alpine environment. Overnight: Wilderness camping

meals: B,L,D

## DAY 15 Climb Cholo (6097m)

We have two full days set aside for climbing this magnificent peak that is hidden deep in the Everest region, in the shadow of Cho Oyu, just south of the Tibetan border. An alpine start will be required and the climbing is moderately angled with a few prolonged steeper sections, with some mixed ice and rock pitches. Overnight: Wilderness camping

meals: B,L,D

## DAY 16 Contingency Day

Contingency Day set aside for weather. Overnight: Wilderness camping

meals: B,L,D

## DAY 17 Trek to Dole

Leaving the high mountains after three weeks of climbing and crossing high passes, we walk down the Gokyo valley on the high eastern trail. The climate will be appreciably warmer here after almost three weeks above 4500m. We will enjoy a good nights rest, plenty to eat and drink and time to reflect on our recent achievements in the mountains.

Overnight: private eco-campsite or eco-lodge.

meals: B,L,D

## DAY 18 Trek to Monjo

If the weather is clear, the mountain views from Thyangboche monastery as we pass through are outstanding - Everest, Lhotse and Nuptse are at the head of the valley,

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their line of sight flanked by Taweche on one side and Ama Dablam on the other. Almost directly above us are Kantega and Thamserku. Completing a 360 degree panorama of mountains are Khumbli and Kongde Ri which encircle us from across the valley. It's a pleasant walk down to Namche and as we near the village we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, the national bird of Nepal. We will continue down the valley to our campsite at Monjo and enjoy a last evening with the entire team, celebrating the adventure we have shared. Overnight in private eco campsite.

meals: B,L,D

## DAY 19 Return trek to Lukla

Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek is a perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here. Overnight eco lodge.

meals: B,L,D

## DAY 20 Fly to Kathmandu or return via Ramechhap

We start the day with a stunning morning flight over forests and villages to Kathmandu directly or to return via Ramechhap. Upon arrival, you will be transferred back to the Radisson Hotel and have the remainder of the afternoon free. There will be plenty of time to relax or do some last minute shopping/sightseeing.

Overnight: Radisson Hotel or similar

meals: B

## DAY 21 In Kathmandu, trip concludes

Following a final breakfast together, the trip will conclude with a departure transfer to the airport for onward flights.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## requirements for members

To join this expedition prior mountaineering experience at altitude is considered essential. Please contact your nearest World Expeditions office for more details.

## am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

## physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip



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commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks ( on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

## country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

## climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much

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as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

## mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash or credit cards (Visa Cards, American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. For Mountaineering trips, the maximum luggage allowance on these flights is 25kg per person including the weight of your hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

## a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Timing on pass crossings and climbing days will differ somewhat, expect alpine starts and longer days, with the plenty of good food to fuel the journey along the way. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

## meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and

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fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## equipment required

Specialist gear required. A comprehensive gear list is provided in the pre-departure information provided on booking.

## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

# Cholo Expedition (6097m)

A superb expedition to Cholo (6097m/20,003ft), a rarely climbed but highly desirable Himalayan objective, located deep within the Everest region.



## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu), however, to speed up arrival processes, it is easier to obtain your visa prior to departure. Queues are common during peak tourist arrival times, especially at the visa application counters and we strongly recommend you arrange your visa before you arrive. In order to skip the bulk of the queues, you are able, in most cases, to apply for your visa either via your nearest Nepalese embassy/diplomatic mission/consulate or by applying for an ETA – Electronic Travel Authorisation. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and depart Nepal within six months of the date of issue of the visa.

The details for the various options available to you are outlined below:

Option 1: Via your nearest Nepalese diplomatic mission/consulate. The online form can be sourced at <https://nepaliport.immigration.gov.np/onlinevisa-mission/application> and there is a handy user manual which can be downloaded from the site to guide you through the process. The procedures differ depending on your location, for example for those from NSW, Australia, you may apply online, transfer funds and have the visa issued electronically via <https://consulatenepal.org/services/tourist-visa-to-nepal/>. Please contact your local mission/consulate for their requirements.

Option 2: Visa Application submitted Pre-arrival, with visa issued on arrival -

There is an official online application portal (<https://nepaliport.immigration.gov.np/>) that allows you to submit and print your application prior to arrival (note this can only be completed a maximum of 15 days prior). From this page, select the 'On arrival' Visa option and choose Tribhuvan International Airport (TIA) as the entry point if you are flying into Kathmandu, this step changes the 'applied office' section which is vital. Note the payment portal on this option is often unavailable. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Option 3: Visa Application submitted on arrival -

If you opt to obtain your visa on arrival and have not pre-filled the online form as noted above, join the queues to a row of computers on the right as you enter the terminal and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take a screenshot of your final application, then join the queue at the left of the arrivals hall to pay for your visa (officials will need to sight the screenshot of your application). You will need to pay the application fee for which cash is recommended and will be issued with a receipt. The preferred payment is USD however AUD, CAD and GBP will also be accepted at the exchange rate of the day.

Visa costs are:

US\$30 – 15 days

US\$50 – 30 days

US\$125 – 90 days

Proceed to the immigration desk with your screenshot of the online application, receipt, two passport sized photographs if you are applying on arrival (note when using the pre-arrival service, e-versions are used however carrying a few passport photos is always advisable) and passport for processing and visa issuance.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all

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countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

## private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

## subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free newsletter.

## social networking

Connect with our community @

FACEBOOK: @worldexpeditions

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INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

## how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.

