

# Cholatse Expedition

## Facts

**Destination:** Nepal

**Trip Difficulty:** Strenuous

**Trip Style:** Peak Climbing

**Transport:** As per Itinerary

**Food:** Breakfast, Lunch & Dinner (BLD)

**Accommodation:** Hotel, Lodge and camping

**Group Size:** Min 1 Pax.

**Max Elevation:** 6,440 m

Cholatse Peak Climbing is a very difficult adventurous venture in the Khumbu region. Situated in the Mahalangur Himalayan range amidst Khumbu and Gokyo valleys, Cholatse Peak stands 6,440 meters from the sea level. A long ridge attaches Cholatse Peak with Taboche Peak (6,501 m). During the Everest Base Camp Trek, you reach a place called Dughla from where you can see the striking north face and east face of the Cholatse Peak. This peak was first climbed in 1982 via the southwest ridge, whereas the first solo summit was done in 2005 via the north face.



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Climbing Cholatse Peak is a fantastic and challenging activity that involves walking on steep narrow snow-covered paths, icy ridge, and many tough technical sections. That means, you have to be in good shape and physical fitness to go on Cholatse Peak Climbing. The trail is demanding and professional expertise is needed to reach the summit. With us Ascent Trails, you will get solid support of the active climbers who will safely take you to the top of the peak and return to the base camp.

The interesting fact about this peak is its name is made from the Tibetan words Cho-Lake, La-Pass, and Tse-Peak, Cholatse. Not many climbers have reached the top of Cholatse Peak because of all the difficulties that needed to be overcome on the way. Regardless of all the challenges, Cholatse Peak Climbing offers mesmerizing landscape views along with stunning Himalayan mountains. The trail passes through beautiful villages, where you get to see the rich culture and tradition of Sherpa

## Highlights

- Thrilling flight to Lukla
- Trek through Sagarmatha National Park
- Explore Namche Bazar
- Experience the culture and lifestyle of Sherpas
- Adventurous and difficult trail
- Reach the summit of Cholatse Peak
- Walk over gorges, snowy, steep, glacier, and rocky paths
- Witness stunning landscape and panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Pumori, Mt. Ama Dablam, Mt. Lobuche, Mt. Kongde, etc

## Day to Day Itinerary

- Day 1: Day 01: Arrive in Kathmandu**
- Day 2: Sightseeing and preparation day**
- Day 3: Fly to Lukla and trek to Phakding**
- Day 4: Trek to Namche**
- Day 5: Acclimatisation day**
- Day 6: Trek to Dole**
- Day 7: Trek to Machherma**
- Day 8: Trek to Gokyo**
- Day 9: Trek to Thagnak**
- Day 10: Trek to Dzongla via cross the Cho La Pass**
- Day 11: Trek to Cholatse base camp**
- Day 12-25: Climbing period**
- Day 26: Trek to Pangboche**
- Day 27: Trek to Namche**
- Day 28: Trek to Lukla**
- Day 29: Fly back to Kathmandu**
- Day 30: Leisure time in Kathmandu**
- Day 31: Final departure from Kathmandu**

## Cost Includes

- Arrival and departure transfer services to both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu with breakfast basis

- Experienced and government-licensed trekking guide during the trekking & climbing period
- Schedule flight tickets for Kathmandu-Lukla-Kathmandu
- walkie talkie per member and climbing staff of per required
- Experience and well trained Cook and kitchen assistant at Base Camp
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All food and fuel for base camp and higher camps during the venture
- porters for during the trek
- Garbage disposal and management fees
- All necessary permits
- All wages, equipment, medicals, and accidental insurances for involved staff
- Climbing Sherpa and group equipment for climbing
- Satellite and cell phone network available at base camp chargeable as per used

- Emergency sufficient Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Each expedition member will have an individual sleeping tent
- First Aid medical kits
- Trekking and climbing map
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, cap or duffel bag

## **Cost 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 & farewell dinner)
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Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking

- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal climbing gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
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Nepal custom duty for import of expedition goods

- Summit bonus for climbing Sherpa Guides as per Mountaineering Association rules (minimum US\$ 1500.00 per climbing Sherpa guide)
- Tips and gifts for base camp and high altitude trekking and climbing staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section