



Cholatse Expedition, Nepal

October 21 to November 21, 2012

Trip Notes

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During the post-monsoon season of 2012 Adventure Consultants will operate an expedition to attempt the technical and rarely climbed South West Ridge of Mt Cholatse (6440m) in the Khumbu Valley.

The route follows a long and exposures ridge culminating in an airy arête. The final ridge leads to easier ground and the summit.

This trip is focused specifically towards those with solid mountaineering experience as this is a real hands-on expedition. The AC guides and Sherpa staff will be there to coordinate the logistics and ensure high safety standards but climbing members will assist with carrying loads, fixing rope, monitoring their own and their team mates' safety.

We will climb the popular trekking peak of Lobuche East (6119m) for acclimatisation before crossing the Cho la into the Gokyo valley and our base camp for the climb. We will base ourselves here for the ascent of Cholatse.

This journey has many visual highlights with stunning views of the surrounding Himalayan peaks of Everest, Cho Oyu, Nuptse, Lhotse, Makalu, Ama Dablam and many, many more.

Trip outline

The 32 day expedition commences on the 17th of October, meeting in Kathmandu, and on day three we fly to Lukla at the doorstep of the Khumbu valley. The expedition team will stay at Sherpa lodges whilst we are trekking in the valleys on the way to each of the climbing objectives. On each of the mountains we will establish a base camp where our kitchen crew will cater for us. At mountain camps members will cook their own food, which we will import from New Zealand to ensure the usual high standard of fare you will be accustomed to on our expeditions.



On our trek up the famous Khumbu valley we will try and avoid the busy direct trekking route to Everest base camp by staying on the western side of the valley after Namche Bazar.

After arriving at Lobuche Base Camp we will rest and prepare loads and meals for the mountain, plus revise some rope fixing and fixed rope safety. We will then move up to a high camp on Lobuche East on a small expanse of grass and rock above a deep blue lake. Then it's early to bed for an alpine start the following morning.

Our early start (around 2.30am) sees us climbing the South East Ridge which is a mixture of snow and ice. Where necessary, we fix ropes along the route. Steady climbing will bring us to the far eastern summit.

From the top we are well rewarded with superb views across to Ama Dablam, Makalu, Lhotse, Everest, Nuptse, Changtse (in Tibet) Pumori, Gyachung Kang, Cho Oyu and of course Cholatse. Then it's time for our descent, all the way back to our Base Camp.



After the ascent of Lobuche East we program a rest day, then climb up and over the Cho La (pass) and descend to Cholatse Base Camp. One of the guides and two Sherpas will have come direct to here and set things up for your arrival. They will have also climbed to Camp 1 to get established on the route.

After a rest day (if needed), members will carry loads up to Camp 1, and assist with establishing Camp 2. The climbing will be steep mixed climbing. Once Camp 2 is established we'll have a rest day at either Camp 1 or Camp 2. We will work as a team (Members, Guides and Sherpas) to establish fixed ropes above Camp 2 to the start of the summit ridge.

Summit day will start very early, arriving at the top of the fixed ropes at dawn. We will then pitch and fix the low angled, but exposed summit ridge. This will be difficult terrain that is known to have sometimes variable conditions. The summit day will require maximum fortitude and the entire team will be contributing to the outcome with commensurate rewards! We will retrieve our ropes on the descent, arriving back at Camp 2 late in the evening. The next day we'll return to Base Camp, removing all our equipment from the mountain.



After Cholatse the expedition returns down-valley to Namche Bazaar, where we languish in the comfort of the lodges and the next day it's onwards to Lukla for the flight back to Kathmandu.

This expedition is designed to offer you a serious technical challenge complemented by the logistical support of Adventure Consultants and its senior guides. Our many years of Himalayan experience allows us to introduce you to the high quality food, accommodations and experiences that are available. It's the small details that make all the difference, and this is where our processes and experience makes a considerable difference to the outcome of

the expedition. We provide the most affable and experienced western guides working in conjunction with our excellent Sherpa friends, to promise you an experience of a lifetime!

Expedition Guides

The leaders of the expedition are Mark Sedon and Paul Rogers. Mark, an IFMGA guide and also AC's Operations Planner, has travelled the world extensively and guided over a dozen peaks

successful expeditions to the Himalayas including Ama Dablam, Everest, Cho Oyu, Lobuche East, Island Peak and Mera Peak. Paul is a senior guide for AC, both in New Zealand and overseas. He has climbed and guided on several Himalayan expeditions including Gasherbrum II, Island Peak, Three Peaks, Ama Dablam, Lhotse, Everest and Cho Oyu. Paul led our inaugural successful Cholatse 2011 Expedition.

Itinerary

Dates: October 21 to November 21, 2012

Day 1	Oct 21	Arrive Kathmandu.
2	22	Gear checks
3	23	Fly to Lukla, trek to Phakding (Lodge)
4	24	Trek to Namche Bazaar (3407m) (Lodge)
5	25	Acclimatise and sightseeing Namche Bazaar (Lodge)
6	26	Namche Bazaar to Phortse (3680m) (Lodge)
7	27	Phortse to Pangboche (3930m) (Lodge)
8	28	Pangboche to Pheriche (4240) (Lodge)
9	29	Pheriche rest day (Lodge)
10	30	Pheriche to Lobuche East Base Camp (Camp)
11	31	Rest and Preparation Day (Camp)
12	Nov 1	Move to Lake Camp (5400m) (Camp)
13	2	Move to High Camp (Camp)
14	3	Summit bid on Lobuche East (6119m) return to Base Camp (Camp)
15	4	Contingency summit day (Camp)
16	5	Rest/prep day (Camp)
17	6	Cross Cho La (5,420m) to Cholatse Base Camp (5000m) (Camp)
18	7	Rest and Preparation Day (Camp)
19	8	Carry to start of route, fix lines (Camp)
20	9	Climb to Camp 1 (approx 5700m) (Camp)
21	10	Rest day (Camp)
22	11	Carry to Camp 2 (6000m) (Camp)
23	12	Move to Camp 2 (Camp)
24	13	Summit day (Camp)
25	14	Spare summit day (Camp)
26	15	Descend to Base Camp (Camp)
27	16	Contingency Day (Camp)
28	17	Trek to Namche Bazaar (Lodge)
29	18	Trek to to Lukla (2808m) (Lodge)

30	19	Lukla to Kathmandu 1st possible flight day
31	20	Lukla to Kathmandu 2nd possible flight day
32	21	Depart home

NOTE: Please note that factors such as weather, team member health, logistics etc. will no doubt create some change in the actual dates of the program.

The Expedition Fee

The cost of the expedition ex Kathmandu, Nepal is **US\$9,500 per person for eight people with two guides.**

This is an inclusive cost and covers the following:

- Nepalese Government peak royalty fees
- All trek organisational requirements
- All trekking/climbing permits
- Airport Transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All trek staff, including western Guides and Sherpa guides, cooks and porter support
- Transport of 30kg of personal equipment
- All meals (three meals each day) after departing Kathmandu and before arriving back in Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch webpage updated throughout the trip for friends & family to follow
- dZi Foundation support for their “revitalize a village” programme

The expedition fee does not include the following:

- Air travel to and from Nepal
 - Hotel accommodation and meals in Kathmandu
 - Purchases of bottled water while on the trek, gifts, alcohol (we supply treated water for drinking)
 - Other charges at lodges/tea houses such as additional meals or snacks, showers, internet access or battery re-charging
 - Entry visas for Nepal (suggest getting a 90 day tourist visa for Nepal on arrival into Kathmandu)
 - Personal clothing and equipment
 - Personal travel insurance / trip cancellation insurance / rescue insurance
 - Excess baggage charges over the 30kg limit for portorage and the domestic flights to / from Lukla
 - Cost of satellite telephone calls
 - Any rescue costs or costs of early departure from the expedition
 - Gratuities
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Deposit

A deposit of **US\$1000** is payable to secure a place on the expedition.

Balance

The balance of **US\$8,500** is payable **by 21 July 2012**.

Payments

All payments can be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch, Wellington, New Zealand

for the account of

Adventure Consultants Limited Account # **1000-594771-0000**

Or, we can accept a US Dollar bank check made out to Adventure Consultants Limited. We can also accept your deposit via credit card (Visa, Mastercard, Amex only) and we can accept your balance of payment via credit card plus a 3% surcharge.

Note: All charges are for the remitters account.

Cancellation & Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
 - For cancellations made within 89-60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
 - For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.
 - We strongly recommend you take out trip cancellation insurance via your travel agent.
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Group Size

For the Cholatse Expedition 2012 we will take a minimum size of 6 people, and a maximum of 8 people hence spaces are limited. With 8 people there will be two Adventure Consultants guides and three or four Climbing Sherpas.

Visas

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Currently a 90 day visa costs US\$100. (The trekking and climbing permits are a separate matter dealt with by us.)

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. In the Khumbu Valley we will be dining in Lodges and at Base Camps we will be eating in the dining tent and cooked for by our expedition cook and support crew. Our camp equipment and ample, nutritious meals are always the envy of other groups along the way! We do recommend that you bring some of your favourite snacks like muesli bars, chocolate and/or candy as well as energy gels and electrolyte drinks that you are used to using.

Equipment List

Expedition team members will be sent a list detailing all necessary clothing and equipment to be individually provided.

Medical Examination

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

Documentation and Photographs

Expedition members will need to provide 6 passport-photographs for climbing and trekking permits and a copy of their passport bio-data page.

The advantages of climbing with us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the

best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable emergency communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to join this expedition

If you would like to join the expedition please request an Expedition Application Form and forward along with your climbing résumé and the deposit for the trip. If you require more information please contact us at:

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Wanaka, 9343, New Zealand

Ph + 64 3 443 8711 Fax + 64 3 443 8733

Email: info@adventure.co.nz

Web: www.adventureconsultants.com



Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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