



Cholatse Expedition

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Peak Climbing

ACCOMMODATION

Hotel|Lodge|Tent

WALKING

5-7 hrs

MAX ALTITUDE

6,440

m

DURATION

21

Days

DIFFICULTY

Moderate

Difficult

BEST SEASON

Spring, Autumn

Overview

The **Cholatse Expedition** is a challenging alpine climb to **Cholatse (6,440m)**, one of the most beautiful and technically demanding peaks in Nepal's **Everest Region**. The expedition follows the renowned Everest trekking trail through vibrant Sherpa villages, ancient monasteries, and the breathtaking landscapes of **Sagarmatha National Park** before reaching the mountain's base camp. Climbers spend several days acclimatizing and establishing higher camps in preparation for the summit attempt.

The ascent involves steep rock faces, snow slopes, ice climbing, and exposed ridges, making it suitable only for experienced mountaineers with strong technical climbing skills. From the summit, climbers are rewarded with spectacular panoramic views of **Everest, Lhotse, Nuptse, Ama Dablam, Taboche, Lobuche East, and numerous surrounding Himalayan peaks**. Combining technical challenges with exceptional mountain scenery, the Cholatse Expedition is regarded as one of the finest alpine climbing experiences in the Himalayas.

Services

INCLUDES

- **1. Airport Transfers** – Private airport transfers Meet & assist service on arrival and departure
- **2. Accommodation & Meals** – 4 nights in a 5-star hotel in Kathmandu (B&B) Welcome dinner
Three meals daily during the trek & expedition Tea or coffee with meals Tea house
accommodation during the trek Full board at Base Camp Fresh vegetables, fruits, bakery items,
meat & soft drinks at Base Camp
- **3. Transportation & Logistics** – Domestic flights (where applicable) Airport transfers Expedition
cargo transportation Personal baggage allowance (up to 60 kg) Porter & yak transportation
Expedition logistics management
- **4. Permits & Fees** – Peak Climbing Permit National Park Permit Conservation Area Permit
Municipality Permit Garbage management fees
- **5. Base Camp Facilities** – Personal Base Camp tent Dining, kitchen, toilet & shower tents Staff
tents Solar electricity Battery charging Heated dining tent
- **6. Climbing Support** – One licensed Climbing Sherpa per member Climbing support from Base
Camp to summit & return Assistance carrying climbing equipment High Camp tents High-altitude
meals & cooking fuel Fixed ropes (where required) Shared group climbing equipment

- **7. Expedition Staff** – Base Camp Cook & kitchen staff Base Camp Manager (where applicable) Porters & yak support team
- **8. Safety & Training** – Base Camp medical kit First aid carried by Climbing Sherpa Rescue coordination Staff insurance Equipment inspection Fixed rope & ice climbing training Safety briefing
- **9. Communication** – Walkie-talkies Emergency satellite phone (usage charges apply) Weather forecasts
- **10. Documentation & Gear** – Summit Certificate Official 14 Peaks Expedition duffle bag Route map

EXCLUDES

- **1. Travel & Visa** – International airfare Nepal entry visa
- **2. Meals in Kathmandu** – Lunch and dinner in Kathmandu
- **3. Insurance & Rescue** – Personal travel insurance Emergency helicopter evacuation
- **4. Climbing Equipment** – Personal climbing gear Equipment rental Supplemental oxygen (unless included)
- **5. Personal Expenses** – Internet & Wi-Fi Hot showers Alcoholic beverages Personal medical expenses
- **6. Tips & Bonuses** – Summit bonus for Climbing Sherpa Staff tips
- **7. Other Expenses** – Any services not listed under Cost Includes

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	10 Oct, 2026	Arrival in Kathmandu (1,400m) & Transfer to Hotel	1,400 m	B	Hotel	
2	11 Oct, 2026	Fly to Lukla (2,860m) and trek to Phakding (2,610m).	2,610m	B L D	Lodge	
3	12 Oct, 2026	Trek from Phakding to Namche Bazaar (3,440m).	3,440 m	B L D	Lodge	
4	13 Oct, 2026	Acclimatization day at Namche Bazaar with a hike to Everest View Hotel.	3,440 m	B L D	Lodge	
5	14 Oct, 2026	Trek from Namche Bazaar to Dole (4,200m).	4,200 m	B L D	Lodge	
6	15 Oct, 2026	Trek from Dole to Machhermo (4,470m).	4,470 m	B LD	Lodge	
7	16 Oct, 2026	Trek from Machhermo to Gokyo (4,790m).	4,790 m	B L D	Lodge	
8	17 Oct, 2026	Hike to Gokyo Ri (5,357m) for acclimatization.	5,357m	B L D	Lodge	
9	18 Oct, 2026	Trek from Gokyo to Cholatse Base Camp (5,100m).	5,100 m	B L D	Tent	
10	19 Oct, 2026	Rest and technical climbing training at Base Camp.	5,100 m	B L D	Tent	
11	20 Oct, 2026	Establish Cholatse Camp I (5,700m).	5,700 m	B L D	Tent	
12	21 Oct, 2026	Return to Base Camp for recovery and acclimatization.	5,100 m	B L D	Tent	

Days	Date	Program	Altitude	Meals	Accommodation	Description
13	22 Oct, 2026	Climb to Camp I and establish Cholatse Camp II (6,100m).	6,100 m	B L D	Tent	
14	23 Oct, 2026	Return to Base Camp for recovery.	5,100 m	B L D	Tent	
15	24 Oct, 2026	Move to Camp I.	5,700 m	B L D	Tent	
16	25 Oct, 2026	Move to Camp II and prepare for the summit push.	6,100 m	B L D	Tent	
17	26 Oct, 2026	Summit Day:Climb Cholatse (6,440m) and descend to Camp II or Base Camp.	5,100 m	B L D	Tent	
18	27 Oct, 2026	Reserve summit day for adverse weather conditions.	5,100 m	B L D	Tent	
19	28 Oct, 2026	Trek from Cholatse Base Camp to Namche Bazaar.	3,440 m	B L D	Lodge	
20	29 Oct, 2026	Trek to Lukla & fly to Kathmandu	1,400 m	B	Hotel	
21	30 Oct, 2026	Final departure from Kathmandu	-	-	-	

Gear List

Use the interactive checklist at: https://checklist-14peaks.pages.dev/6000m_checklist

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Antacid Tablets
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg
- Nifedipine 30mg
- Aspirin 300mg
- Ondansetron 4 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Dry-Fit Tshirt
- Light Down Jacket

Head

- Glacier Glasses (Polarized UV Protection)
- Snow Goggles (UV Protection)
- Balaclava
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots

Climbing Equipment

- Climbing Boot -6000m
- Trekking Pole
- Crampons
- ATC GUIDE
- Unlock Carabiner
- Jumar/Ascender
- Locking Carabiner
- Head Light
- Climbing Helmet
- Tape Sling
- Summit Down Suit
- Climbing Harness
- Ice Tool/AXE

Foot Wear

- Normal Socks
- Trekking Shoes
- Sport Shoes
- Camp Booties
- Slippers
- Summit Socks

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Eating & Drinking

- Water bottle
- Thermos

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Sun Stuff

- Sunscreen
- Lip Guard (SPF)
- Moisturizer

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Sleeping Bag
- Down Sleeping Bag
- Inflatable Pillow
- Sleeping Bag Liner
- Therm-a-Rest Mattress

FAQs

Do I need prior climbing experience for Cholatse?

Yes. Previous mountaineering and technical climbing experience is highly recommended. Climbers should be comfortable using crampons, ice axe, harness, fixed ropes, and other climbing equipment.

How difficult is the Cholatse Expedition?

Cholatse is a technically demanding climb involving steep rock faces, snow and ice sections, exposed ridges, and challenging alpine terrain. Good physical fitness and technical climbing skills are required.

What is the best time to climb Cholatse?

The best seasons for the Cholatse Expedition are spring and autumn, when climbing and weather conditions are generally more favorable.

How do we reach Cholatse Base Camp?

The journey begins with a flight from Kathmandu to Lukla, followed by trekking through the Everest Region, including Namche, Gokyo, and onward to Cholatse Base Camp.

Is a climbing Sherpa provided?

Yes. The package includes one licensed climbing Sherpa per member, providing climbing support from Base Camp to the summit and assistance with carrying climbing equipment.

Are fixed ropes and climbing training provided?

Yes. Fixed ropes are provided where required, and the expedition includes fixed-rope and ice-climbing training at Base Camp.

What kind of medical and emergency support is available?

The expedition includes a Base Camp medical kit, first-aid support from the climbing Sherpa, rescue coordination, equipment inspection, and safety briefings.

What happens if bad weather prevents the summit attempt?

Safety comes first. The expedition includes a reserve summit day, and the climbing schedule may be adjusted depending on weather, route conditions, and the safety of the team.

How do I book the Cholatse Expedition?

You can book by contacting 14 Peaks Expedition through our official contact channels. A deposit is required to confirm your booking.

Is supplemental oxygen provided?

Supplemental oxygen is not included in the standard package and can be arranged separately if required.