

Rolwaling Trekking

Url: <https://www.glorioushimalaya.com/trip/rolwaling-trekking/>

Duration

20

Max. Altitude

5,755m

Difficulty

Challenging

Group Size

2+ pax

Per Person Cost

USD 2700

Transport

Plane, Jeep, Car

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotel, Guest House and Camping

Starts At

Kathmandu

Ends At

Kathmandu

Best Season

March, April, May, September, October, November

Highlights

- Traverse through one of the toughest terrains in Nepal.
- Experience the typical Tibetan lifestyle.
- Excellent views of the Trans Himalaya.
- Tashi Lapsa pass (5,755m)
- Beautiful landscapes
- Adventurous camping trek

Overview

If you want to see the view of 50 peaks, ranging 6,000m, don't give up, what you want to see can be done through the Rolwaling Trek in Rolwaling Valley. The valley lies between the classic Everest Region and

the Langtang Region, the Tibet of Nepal, and in front of this valley, there is a mountain named Gauri Shankar (7,145m) which has a religious significance to the Hindus. The sunrise over Gauri Shankar is inspiring, and the valley has different ingredients or various recipes for the trekkers who want to know from close what the alpine lakes are in addition to hanging glaciers. The high pasture that it has is another highlight where you see the animals grazing, while the cascade of waterfalls and the perfect view of the snow-covered mountains will make you stare at them frequently, stopping at one place for a while before heading to another spot. Also, you come across the region which has the rich biodiversity of the floras and the faunas. At the same time, you might see the endangered species. The region is also a home to Yeti which was spotted by the trekkers many times.

The trekking trail of the Rolwaling Trek also runs by the Rolwaling River and also takes you to the last village of this valley and creates an opportunity for you to explore the Yalung La Region which has spectacular glacial fields and the stunning glacial lake named Tsho-Rolpa, at the same time, the nature of the trekking trail is difficult and is not intended for families who want to do an easy trek. The trekking route also goes by the Trakarding Glacier and climbs up and heads to the Drolambau Glacier, and this is also the route that offers an excellent view of the mountains, such as Makalu, Everest, Rolwaling, Pachermo, and Ramdung.

Check out our designated itinerary for **Rolwaling Trekking** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Kathmandu Arrival and transfer to hotel - (1400m)

As you approach the Himalayan nation from the air, our airport representative will be waiting to receive you outside the international airport terminal in Kathmandu. You can identify him holding our company (Glorious Himalaya) name card. He will then transfer you to your respective hotel via a private tourist vehicle (car, jeep, van, bus- depending upon group size).

After checking in and some refreshment, you can either rest or use the remaining time exploring the outskirts of Thamel and do some shopping. In the evening you will meet our office representative for a briefing about the upcoming trip and will be invited to a warm welcome dinner organized by our company, which includes Typical Nepali Cuisine and cultural dance. This is probably going to be your first night in the city of Kathmandu. Overnight at your hotel inclusive breakfast.

Day 02: Kathmandu Sightseeing and Trip preparation

Today, we will have a guided tour of the ancient heritage sites of the Kathmandu Valley. Kathmandu valley holds several old arts, ancient temples, and heritage sites, which carry a lot of cultural significance. This is the experience you would not want to miss while in Nepal. There are 7 UNESCO world heritage sites in the valley which include Syambhunath (The Monkey Temple), Boudhanath Stupa, Pashupatinath, Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, and Chagunarayan.

However, we will visit 3-4 sites out of all, since visiting all sites is not possible in a single day. After a successful tour, you can shop for the necessary trekking gears if you have not done previously. Overnight at the same hotel in Kathmandu.

Day 03: Drive from Kathmandu to Charikot- (1850m)- 8 hrs drive

After breakfast, we drive from Kathmandu to Charikot along the Koshi River. En route, we can enjoy the scenic views of the green hills and countryside villages on a hillside. After around 8 hours of a long drive along the Araniko Highway, we finally arrive at our today's destination, Charikot. While in Charikot, we will visit Dolakha Bhimsen Temple- the famous Hindu pilgrimage site. We spend our night at a local guesthouse in Charikot with full board meals.

Day 04: Trek from Charikot to Pikhuti (890m)- 6 hrs walk

After a hearty breakfast, we will leave Charikot and head on to Biguti, descending through the rhododendron forest. Trekking alongside Tama Koshi River, we come across several small villages of mixed ethnic groups and reach the riverside settlement of Pikhuti, where we set our camp. We spend our night at tented camp, with full board meals.

Day 05: Trek from Pikhuti to Suri Dovan (1020m) - 6 hrs walk

Early morning, we start our trek following a forested trail till we reach Singati Bazaar. Moving further, we cross a suspension bridge over the Tama Koshi River and start ascending towards Suri Dobhan on the bank of the river. Suri Doban is a small settlement inhabited by Tamang people, on the bank of Tama Koshi River. From Suri Doban, we can have the first glimpses of Gaurishankar Himal (7134m). We'll set our camp here and spend the overnight with full board meals.

Day 06: Trek from Suri Dovan to Jagat (1395m)- 6 hrs walk

After our early breakfast, we will begin walking along the bank of the Tama Koshi River. Later, we walk on flat land and cross a bridge at the river confluence of the Tama Koshi river and Sipring River. En route, we'll encounter lush orchids and rhododendrons vegetation, and gradually ascend our way through the woods before entering Jagat. Jagat is a small settlement of mixed cultural backgrounds, where we'll set our camp and stay overnight with full board meals.

Day 07: Trek from Jagat to Simigaun (2000m)- 6 hrs walk

Today we will make several ups and downs into the forest along the direction of the Tama Koshi River. Passing through Gonggar Monastery and a Sherpa village near Kartung, we reach Simi Gaon. Along the route, we can have striking views of Gaurishankar (7134m). A few moments of steep steps further, will finally take us to the village of Simi Gaon, where we'll set our camp and spend overnight.

Day 08: Trek from Simigaun to Kyalche (2990m) - 7 hrs walk

Today is a little longer trek. Early morning, we leave Simigaun and set-off for Kyalche. As we trek alongside the Rolwaling River, we'll enter the Rolwaling valley. If the weather is clear, we're able to witness remarkable views of Gaurishankar Himal (7,134m) early morning. Traversing through rhododendron forests, we will arrive at Surmuche for a break. We then continue our trek on a rugged trail before finally reaching Kyalche, our today's destination. We will spend our night at a tented camp with full board meals.

Day 09: Trek from Kyalche to Beding (3700m) - 7 hrs walk

Leaving Kyalche, we ascend through a rough trail along the bank of Rolwaling River overlooking the glorious Gaurishankar Himal. The several waterfalls along our trail certainly add attraction to the beautiful scenery of the landscape. We move along the flat route before arriving at the Sherpa village of Beding on the river bank. Beding is the largest village in Rolwaling valley where we will spend our night at a tented camp with full board meals.

Day 10: Acclimatization day

As we are gaining elevation, our body needs to get adapted to the new altitude. So we set a day aside for acclimatization to prevent high altitude sickness. To help with acclimatization, we hike to the Malung La pass (5616m). You will be rewarded with sensational views of glaciers, natural forests, and more than fifteen snowy peaks in the region. We return to our camp and spend overnight at the tented camp.

Day 11: Trek from Beding to Na Gaon (4200m)- 6 hrs walk

It is now time to leave Beding and head for Na Gaon. We will ascend the trail alongside the Rolwaling river, exploring the untouched turquoise glacial lakes which reflect the incredible mountains. Just below the Tsho Rolpa Glacial Lake is the Na village in a beautiful valley, where we will set up our camp near the village. This place features impressive views of exceptionally noteworthy pinnacles like Chugimago (6259m), Chobutse (6685m), and Yalung Ri (5630m). We will stay overnight at Na Gaon in a tented camp, inclusive of full board meals.

Day 12: Another acclimatization day (4200m)

We set aside another rest day for acclimatization. We have a precious moment to relax and absorb the silent serenity of the natural environment. You can either rest in your tent, or go for a hike to Yalung La Pass (5310m) from where you get to witness the amazing display of Yalung Glacier, Ramdung Glacier, Gaurishankar Himal (7134m), and surrounding peaks. We spend another night at Na Goan.

Day 13: Trek to Tsho Rolpa (4525m)- 6 hrs walk

We continue our journey by gradually ascending towards the Himalayan Lake formed from the glaciers.

The surrounding views of Mahalangur Himal Range and Ladung Himal are sure to impress and purify your soul. Moving along the bank of Rolwaling River, we walk along the frozen trail to reach one of the largest glacial lakes in Nepal, Tsho Rolpa. You will not be disappointed when you see the deep blue water of the serene lake resting on the foot of Chobuhe (6686m) after a tough climb. We will set out our camp at Tsho Rolpa and spend our night. Inclusive of full board meals.

Day 14: Trek from Tsho Ropla to Tolumbhu Buka (4850m)- 7 hrs walk

After breakfast, we'll leave Tsho Ropa and head towards Tolumbhu Buka. Walking to the end of the Tsho Ropla Lake, we follow the lateral moraines of Trakding Glacier, enjoying the exceptional view of the surrounding snow-capped peaks. Marching forward, we still walk along the slippery frozen path before we ultimately reach Tolumbhu Buka. Overnight at a tented camp with full board meals.

Day 15: Crossing Tashi Lapsta La Pass (5755m), and camp at Thyangbo (4300m)- 7 hours

Leaving the Rolwaling region on the background, we enter the Khumbu region crossing the Tashi Lapsta La Pass (5,755m). We will start ascending a steep trail covered in moraines on the bank of Drolambau Glacier. From the top of Tashi Lapsta La, we will have a breath-taking view of the Khumbu Himalayan range as well as the pinnacles of the Rolwaling region. We continue our trek heading downhill to reach Thyangbo where we'll set up our camp and spend overnight with full board meals.

Day 16: Trek from Thyangbo to Khumjung (3600m)- 7 hrs walk

Starting early morning, we will head our journey towards Khumjung. Located at the bed of Mt. Kumbi Yul Lha (5,761m), Khumjung is the Largest Sherpa settlement in the Khumbu region. Rich Sherpa culture and an age-old monastery is the main attraction of this place. The region is also popular home to the first school project by Edmund Hilary (first person to summit Mt. Everest). Overnight at Khumjung in a tented camp with full board meals.

Day 17: Trek from Khumjung to Namche Bazar (3400m) - 3 hrs walk

Today is an easy trek. After our hearty breakfast, we will have a short descend downhill through the charming village of Khunde after Hotel Everest View (3920m), one of the highest operating hotels in the world. After a further short descent, we'll reach Namche Bazaar eventually. Namche Bazaar is a historic trading hub and now a gateway to Everest, staging point for excursions to Everest and other peaks in the region. It is a small and colorful Sherpa town consisting of hotels, restaurants, equipment stores. One can even find a cyber café, regular pub, and a place to play pool. Every Saturday morning, Namche Bazaar lights up with the weekly market fair. Besides, you will have an awe-inspiring view of the mighty Everest (8848m) and many other peaks in this area. Overnight at a local Guesthouse with full board meals.

Day 18: Trek to Lukla (2800m)- 7 hrs walk

Today is the last trek of our journey. After early breakfast, we'll leave Namche behind and wind up our way to Lukla. First, we descend downhill until we cross the Hilary bridge (suspension bridge) over the river confluence. We then follow the trail along with the Dudh Koshi River through small villages, passing prayer wheels, prayer flags, and mani walls to reach Phakding. After several ups and downs, crossing several monasteries and suspension bridges, we'll reach Lukla where we'll stay at a local guesthouse overnight with full board meals.

Day 19: Fly from Lukla to Kathmandu and transfer to the hotel - (45 minutes flight)

We are at the end moment of our Rolwaling trek. It's time to leave the mountains in the background and continue our trip to Kathmandu. After breakfast, we will head towards Lukla airport and then catch our early flight to Kathmandu on a small plane. The flight from Lukla to Kathmandu is a unique experience in itself where we get to enjoy scenic aerial views of the mountains, green hills, rivers, and much more. Upon arriving at Kathmandu airport, you will be transferred to your hotel. After refreshment, you can either rest or use the remaining time walking around the outskirts of Thamel and buy souvenirs for your beloved ones. In the evening we will celebrate dinner together organized by our company, for the successful completion of the trip. Overnight at hotel in Kathmandu inclusive breakfast.

Day 20: Departure Day: Flight to your next destination

It's finally a time to bid good-bye to this wonderful Himalayan Nation. This is your last day in Nepal. After breakfast, our airport representative and vehicle will be on standby to drop you to the international airport. We will drop you at the airport at least 3 hours before your flight so you don't risk missing an important international connection. At Glorious Himalaya, serving you has been a great honor and was a wonderful time spent together. We pray for your safe journey home and hope to see you again someday...

Trip Includes

- All the airport pickups and drop-offs by private vehicles.
- 3 nights of hotel accommodation in Kathmandu city inclusive breakfast.
- 16 nights of local guest house and camping accommodations while on the trek.
- 1 day Kathmandu sightseeing tour including city tour guide and private transport.
- Domestic flight from Lukla to Kathmandu
- All the essential long and short-range ground transfers by jeep and bus.
- Full board meals (Breakfast, Lunch, Dinner) during the trek.
- All the necessary camping gears like two men tent, dining tent, kitchen tent, Toilet tent, kitchen equipment, mattress etc.
- An experienced and license holder trekking guide for the trek.
- An expert trekking cook to prepare your meal for the trek.

- Supporting porters to carry your loads for the trek.
- All the essential trekking permits and entrance fees for the trek.
- Foods, Salary, accommodation and accidental insurance of all our trekking staffs.
- Glorious Himalaya Trekking company rain protection duffel bags and sleeping bags to use for the trek.
- First aid medicine for the trek.
- Government taxes and company service charges.
- Nepalese cuisine farewell dinner in Kathmandu with a cultural dance show.

Trip Exclude

- International airfares and Nepal entry visa.
- Lunch and Dinner in Kathmandu Hotel.
- Items of a personal nature such as alcoholic drinks, cold drinks, laundry, hot shower during the trek.
- Tips for the trekking crews.

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)

- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, “broken in”)
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, “low” ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit

- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter

- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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