

Rolwaling Tashi Lapsa Pass Trek

Duration: 20 Days

Starts At: Kathmandu

Grade: Challenging

Accommodation: Hotel, Guest House
And Camping

Transport: Plane, Jeep, Car

Altitude: 5,755m

Ends At: Kathmandu

Group Size: Min 2 Pax

Meals: Breakfast, Lunch, Dinner

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 : Arrival in Kathmandu and transfer to your hotel - (1400m)

As you begin to see the Himalayan zone from the air, we will be waiting for your arrival at the Tribhuvan International Airport. You can recognize our office representative as he will be holding our company name card. He will then shift you to your hotel and assist you in check-in. You can freshen up and rest a while after a long flight. Later, you spend the remaining time exploring the outskirts of Thamel and do some shopping. In the evening, you will meet your guide for a briefing of the upcoming program.

Day 02 : Kathmandu sightseeing tour and preparation for the trip

Kathmandu is the capital city of Nepal which holds numerous ancient temples, old arts, and heritage sites. The Kathmandu city tour is the experience you would not want to miss while in Nepal. There are 7 world heritage sites in Kathmandu city that includes Swayambhunath Stupa, Patan Durbar Square, Bhaktapur Durbar Square, Boudhanath Stupa, Pashupatinath Temple, and more.

All these sites carry a lot of cultural significance that traces back to an ancient civilization and are definitely worth visiting. However, you will visit 3 to 4 places out of all, for a tour, as visiting all sites is not possible in a single day.

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

After a hearty breakfast, we drive from Kathmandu to Charikot enjoying the scenic view of Koshi along the way. Driving past many countryside villages on a hillside roadway, we arrive in Charikot. While in Charikot, we will visit the famous Hindu pilgrimage site Dolakha Bhimsen Temple. Overnight at the guesthouse in Charikot with full board meals.

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

After early morning breakfast, we'll start our trek by heading on to Biguti, usually descending through the rhododendron forest. We trek alongside Tama Koshi River and come across many small settlements of mixed ethnics before reaching the riverside settlement of Pikhuti. We will use today's trek to set our pace for harder trails that follow

during the trek. We'll rest overnight in Pikhuti. Overnight at tented camp with full board meals.

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

Today we start trekking by following a forested trail until reaching Singati Bazaar. Then we cross a bridge over the Tama Koshi River and ascend on the bank of the river towards Suri Dobhan. Suri Dobhan is a Tamang village situated on the bank of Tama Koshi River and features the first glimpses of Gaurishankar Himal (7134m). We'll rest overnight at tented camp with full board meals.

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

After early morning breakfast, we'll start walking at our natural pace along the bank of Tama Koshi River and later on flat land, and finally cross a suspension bridge at the confluence of Tama Koshi River and Sipping Khola. Along the way, we'll encounter various vegetation including orchids and rhododendrons. We make a gradual ascend through the forest and enter Jagat, a small town with people of different social backgrounds, where we'll be staying for the night at a tented camp with full board meals.

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

This day we'll make several ascends and descends into the jungle along the course of Tama Koshi River. Prior to reaching Simi Gaon, we will pass through Gonggar Monastery and the Sherpa village of Kartung. During the trek, spectacular views of Gaurishankar (7134m) can be seen. After some steep walking, we'll reach the village of Simi Gaon where we'll rest overnight at a tented camp with full board meals.

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

Leaving Simigaon, we'll enter the Rolwaling valley as we trek alongside the Rolwaling River. On an early clear morning, we're able to witness breathtaking views of Gaurishankar Himal (7,134m). Trekking amid rhododendron forests, we reach Surmucho for a brief rest. Then we'll trek on a rocky trail to reach Kyalche where we'll rest overnight at a tented camp with full board meals.

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

Our trail ascends through a rocky road following the bank of Rolwaling River gazing into the horizon adorned with the beautiful Gaurishankar Himal (7134m). There are many waterfalls on today's trail adding allure to the already beautiful landscape. We walk on a flat trail before entering the Sherpa village of Beding, the largest village in Rolwaling valley, located by the river. We'll stay overnight at a tented camp with full board meals.

Day 10 : Acclimatization day

Today is a day set aside for acclimatization. We can hike to the Malung La pass (5616m). It will help with acclimatization. The spectacular views of more than fifteen snowy peaks, glaciers and the natural forest in the Beding Valley can be rewarding. Overnight at tented camp, breakfast, lunch and dinner included.

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

We take a short walk from Beding along with the riverside trail to the village of Na. It is an opportunity to explore the untouched azure glacial lakes which reflect the beautiful mountains in its tranquil water. Na village is situated just below the Tsho Rolpa Glacier Lake in a beautiful valley. The views of the peaks like Chobutse (6685m), Chugimago (6259m) and Yalung Ri (5630m) from here are pretty impressive. We set up a camp at a vantage point near the Sherpa village. Overnight at tented camp, breakfast, lunch and dinner included.

Day 12 : Another rest day for acclimatization

This is another acclimatization day where you can be yourself and relax and absorb the natural environment. We can either take rest or go for a hike to Yalung La Pass (5310m), which hosts an amazing view of Gaurishankar Himal (7134m) along with the surrounding mountains and also gives a full view of Yalung Glacier and Ramdung Glacier. Overnight in Na Gaon at a tented camp with full board meals.

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

After an early breakfast, we'll ascend gradually to find the Himalayan Lake filled with chilling water from the glaciers. The surrounding view of Ladung Himal Range and Mahalangur Himal Range is sure to purify your soul. We will move along the bank of Rolwaling River and walk on a frozen trail to reach Tsho Rolpa, one of the largest glacial lakes in Nepal. The deep blue water of the tranquil lake seated on the foot of Chobuje (6686m) makes the tough climb worth it. We'll stay overnight at Tsho Rolpa at a tented camp with full board meals.

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

Starting early morning, we will head towards Tolumbhu Buka. We'll walk all the way to the end of Tsho Rolpa and follow the lateral moraines of Trakding Glacier as we enjoy the view of the surrounding snowy peaks. Still walking along the frozen and slippery path, we reach TolumbhuBuka, where we'll rest overnight at a tented camp with full board meals.

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

Today we leave the Rolwaling region and enter the Khumbu region via Tashi Lapsta La Pass (5,755m). We will ascend on the bank of Drolambau Glacier on a steep trail

covered in moraines. Upon reaching the top of Tashi Lapsta La, we will have a mind-blowing panorama of the Khumbu Himalayas as well as the peaks of Rolwaling region. From there, we'll continue our downhill trek to reach Thyangbo where we'll camp overnight with full board meals.

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

After early morning breakfast, we will start our journey towards Khumjung. Khumjung is located at the bed of Mt. Kumbi Yul Lha (5,761m) and is the largest Sherpa village in Khumbu. Khumjung is also famously the home of the first Edmund Hillary school project. An age-old monastery and rich Sherpa culture is the main attraction of this place where we'll stay overnight at a tented camp with full board meals.

Day 17 : Trek to Namche Bazar (3440m) - 3 hrs walk

After a short downhill trek through the picturesque village of Khunde and via Hotel Everest View (3962m), the highest operating hotel in the world, we'll reach Namche Bazaar. Namche Bazaar is a Sherpa town vibrant with many shops and eateries catering to the trekkers and peak climbers in Khumbu and is thusly known as the Gateway to Everest. You will have a breathtaking view of the mighty Everest (8848m) from this area. Overnight in Namche at guest house with full board meals.

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

After having morning breakfast in Namche Bazaar, we'll continue our downhill trek to cross Dudh Koshi River via multiple suspension bridges and pass small villages with Mani walls, prayer wheels, and prayer flags to reach Phakding. After crossing several suspension bridges and monasteries, we'll reach Lukla where we'll stay overnight at a guest house with full board meals.

Day 19 : Fly to Kathmandu and transfer to the hotel. - 45 minutes flight

Most flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty-five minutes. We touch down at Kathmandu and transferred to our hotel.

Day 20 : Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We 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.
- Supporting porters to carry your loads for the trek. (1 porter for 2 guests)
- All the essential trekking permits and entrance fees for the trek.
- 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.