



Rolwaling valley trek via Tashi Lapcha Pass (5755 m) - 18 Days

The Rolwaling valley trek via Tashi Lapcha pass is a **challenging and adventurous** trekking route that takes you through remote and rugged terrain, offering astonishing views of the Rolwaling valley, remote and pristine villages, high mountain passes, glacial lakes and close- up glimpse of towering **Himalayans peaks** and the opportunity to experience the culture of the Sherpa people. This trek goes through the Gauri Shankar Conservation area and the **Sagarmatha National park** connecting the Rolwaling valley with the **Everest region**.

The Tashi Lapcha Pass is one of the highlights of the trek, which sits at an elevation of 5755 meters and involves steep ascents, technical climbing in some sections, and glacier crossings. It's a challenging high- altitude Pass. Trekkers should have prior high- altitude trekking and mountaineering experience. Despite of the challenges, you are rewarded with breathtaking panoramic views of several Himalayan peaks, including **Mount Dorje Lakpa, Mount Tengi Ragi Tau, and Mount Gaurishankar**.

Overall, the trek takes you through remote villages where you can experience the unique culture and traditions of Gurung, Thakali, and Manangi people. You may spot various **species of birds, wildlife** like the Himalayan Tahr, and unique alpine flora throughout the trek.



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PRICE INCLUDES

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and transfer to hotel

On your arrival at Tribhuvan International Airport, the representative from Nepal Holiday Treks and Tours will welcome you and then transfer to the categorized hotel in Kathmandu to which you are comfortable with.

Day 2: Drive to Dolakha (1650 m)

We will take scenic drive from Kathmandu to Dolakha which will take about 7 hours. On the way, we will visit famous Dolakha Bhimeswor temple. Stay overnight in Dolakha.

Day 3: Trek to Ratamate (1020 m)

Our trekking journey begins from Dolakha. We will pass through scattered traditional villages and terraces. You can witness the trail in good condition, mostly use by porters and shepherds.

Day 4: Trek to Sarriidovan (1350 m)

On the fourth day of the trek, we will walk along Bhote koshi River, leaving Ratamate. We will pass through forest of fir trees to charming villages. The route is stunning with views of Gaurishankar Himal (7145 m) at the backdrop. Stay overnight in Gongar.

Day 5: Trek to Simigaon (2020 m)

We will reach Simigaon traverse through slopes and terraces. Most of the time, we will escalate uphill and enjoy the views. Simigaon is a small Sherpa village where we will reach about 5 hours of walk. Stay overnight in Simigaon.

Day 6: Trek to Dong Dong Khola (2800 m)

On this day, we will enter Rolwaling valley. The trail continues through colorful lush rhododendron forests. After that, we will follow the uphill trek gradually to Gyalche. From there, we will lower down to the river where we will prepare our campsite by the side of river.

Day 7: Trek to Beding (3693 m)

The trail continues to climb up the valley. We will cross Rolwaling Chuu River at few points via cable bridges. We will walk through forest to the deep river valley. We will arrive at a point where river from Gaurishankar branches off. We will enter the Sherpa village of Beding where we will stay overnight.

Day 8: Trek to Na (4183 m)

Na is one of the most human settled valleys in Rolwaling. After leaving bending, we will take a short walk through the meadows. You can witness yak grazing joyfully in the alpine shrubs. Then, passing through buckwheat and barley fields surrounded with stone walls, we will reach Na. We will stay overnight in Na.

Day 9: Rest day in Na

At the ninth day of the trek, we will take a rest in Na. It is important to take rest at Na for acclimatization purpose. We will visit Monastery and enjoy the views of Tsoboje and Kang Nachugo peaks. Stay overnight in Na.

Day 10: Trek to Tsho Rolpa (4500 m)



Early morning leaving the Na, we will head towards Tsho Rolpa- the jewel of Rolpa valley. We will climb nearby Himalayan Lake filled with the chilling water of the glaciers. We can also enjoy views of Menlung and Tibetan Side Mountains. The trail is sandy with rocks and boulders. Walking along the right bank of the river, we will climb up the rocky lateral moraine of the Glacier. Higher up, we will reach the moraine barrier that holds back the Tsho Rolpa Lake. We then walk to Tso Rolpa for the night.

Day 11: Trek to Glacier (5400 m)

We will move towards Trakarding glacier which consists of walking along glaciers throughout the day. We will head west and follow the descending trail to Kharka passing through glacier's trench under cliffs and overhanging rocks. After that, we will prepare our camp at the clear ground on glacier for overnight stay.

Day 12: Trek from Tso Rolpa to Tashi Lapcha Pass (5755 m)

Moving along glacier, we will reach the lowest point of the icefall. We will climb to Drolambau glacier which rewards us with spectacular views of surrounding mountains. We will descend to Tashi Lapcha Phedi and continue walking to Tashi Lapcha Pass (5755 m). From the pass, we will get breathtaking views of Khumbu peaks. We will enjoy sunset view and stay overnight in Tashi Lapcha.

Day 13: Trek to Thangpo (4320 m)

We will have couple of hours of uphill trek before moving towards Pachermo. Moving through the snow slopes, we will reach final ridge. We will enjoy views of Khumbu peaks including Mount Everest and lower down to Col from where we will reach Thangpo. Stay overnight there.

Day 14: Trek to Thame (3800 m)

We will follow the easy descending trail from Thangpo to Thame village. We will visit one of the oldest monasteries in Khumbu. Getting there offers scenic views of Mount Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Stay overnight in Thame.

Day 15: Trek to Namche (3440 m)

We will follow the descending trail and pass through rhododendron forest to reach the bridge over Dudh Koshi River at Phunki Tenga. Then, passing by several well manage teahouses, we will reach Sanasa where local Sherpa people sell the Tibetan products. From Sanasa, we will move towards Namche where we will stay overnight.

Day 16: Trek to Lukla

The trail descends steeply downward. Therefore, we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After arrival in Lukla, stay overnight.

Day 17: Fly back to Kathmandu from Lukla

This day, we will take an early morning flight from Lukla to Kathmandu. Once we land at Domestic Terminal of Kathmandu Airport, you will be transferred to hotel where you will stay overnight.

Day 18: Departure

You will be transferred to Tribhuvan International Airport 3 hours before your scheduled flight. Wish you a safe Journey.