Rolwaling Tashi Lapcha Pass Trek

DURATION: 16 DAYS

Trip Facts

Group Size 1-10 Persons

Trip Grade Moderate

Accommodation Hotel / Lodge / Tea House

Max Height 5750 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane / Jeep / Car

Duration 16 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May & September - November

Trip Overview

Rolwaling and Everest Base Camp Trek is a 14–18-day journey through the Himalayan Himalayas, connecting the Gaurishankar conservation area and Sagarmatha National Park. Starting in the remote Rolwaling Valley, the trek involves camping, vertical climbing, and **crossing the Tashi Lapcha pass at 5,750 m.** Participants can explore ancient monasteries, encounter unique wildlife, and witness the stunning beauty of the Himalayas. The trek highlights the significance of the Rolwaling Valley, the challenges faced by trekkers, and the importance of conservation efforts in both areas. Personal stories from participants provide insights into the trek's challenges, tips for future travelers, and the impact of tourism on local communities. The trek also emphasizes the cultural significance of Everest Base Camp, including visits to Buddhist monasteries and **interactions with Sherpa guides and porters.** Sustainable tourism practices are crucial for preserving the Himalayan ecosystem and ensuring future generations can enjoy the experience. By supporting local communities through responsible tourism, travelers can help protect the unique cultural and environmental heritage of the region.

Travelers can contribute to the preservation of the Himalayan ecosystem by respecting local customs and traditions, minimizing their carbon footprint, and supporting businesses that prioritize sustainability. By taking small steps towards responsible tourism, visitors to the region can make a big difference in preserving this breathtaking landscape for years to come. We all must work together to ensure that the beauty and uniqueness of the Himalayas are protected for future generations to appreciate and enjoy.

Trip Itinerary

Day 1: Arrival in Kathmandu

Welcome to Nepal and our representatives will be waiting for you at Tribhuvan International Airport, Kathmandu. They will pick you up and drop you at your hotel. Enjoy the evening strolling around the nearby market. Overnight at a 3-star hotel in Kathmandu.

Day 2: Drive from Kathmandu to Gonggar via Dolakha1660m (7/8 hours) and trek to Simigaon2020m (1/2 hours)

After breakfast, we drive to Gonggar via Dolakha. Along the way, we can encounter the views of Sunkoshi and Bhote Khosi rivers. Driving past Dolakha, Pikhuti, Suri Dobhan, and Manthali alongside Tama Koshi River, we arrive in Gonggar. From Gonggar, we trek past a Sherpa village through the rhododendron forest to reach Simigaon. We will have an alluring panorama of Mount Gaurishankar (7134m) from Simigaon. Overnight in Simigaon.

Day 3: Trek from Simigaon to Daldung La 3976m (7/8 hours)

Descend downhill to a steep trail and go around the edge by climbing the vertical stone steps. Enter the rhododendron forest and walk through the trail to reach the Rolwaling River. Then, climb uphill through the forest along with the view of Mount Gaurishankar (7134m). Ascend uphill till the trail becomes flat and smooth to reach Daldung-La. Overnight at Lodge

Day 4: Trek from Daldung La to Beding 3690m (7/8 hours)

The trail walks through lush rhododendron forest with ascents and descents until reaching Nyamare village. Then with a panoramic view of Mount Gaurishankar (7134m), we walk to Beding, the largest Sherpa village of Rolwaling region. There is a Gompa at the entry of the village and the holy Gaurishankar ghumba a little above the village. Overnight at Lodge

Day 5: Trek from Beding to Na 4180m (4/5 hours)

After breakfast, we start by a slow ascend on the bank of Rolwaling River until we reach Dhogre. After walking further, the valley slowly opens to a huge Mani stone wrapped with prayer flags and a large rock with an image of Bodhisattva painted on it. Finally, we reach Na Gaon situated on the bank of the Rolwaling River. Overnight at Lodge.

Day 6: Acclimatization day: Hike Ramdung Go 5930m and Yalung glacier

We take another day for acclimatization. We walk through the icy and slippery trail of Yalung Glacier and later Ramdung Glacier to reach Ramdung Go (5930m), which is an excellent training peak for mountain climbing. An amazing view of Tsho Rolpa Lake and the surrounding glaciers, as well as mountains, can be seen from the top of Ramdung Go. We then hike back to Na Gaon for the overnight stay Lodge.

Day 7: Trek from Na to Tsho Rolpa Lake 4540m (4/5 hours)

After breakfast, we leave Na Gaon and cross the wooden bridge over the Rolwaling River. We move on somewhat steep trail uphill. We trek on the moraines of Rolwaling Glacier to reach the majestic glacial lake. Tsho Rolpa Lake is the biggest and one of the most femous lakes in Nepal that is situated at the altitude of 4540m. The deep blue lake hosts an amazing reflection of the surrounding hills and snowy-peaks as it envelops the vicinity in tranquility. Overnight at tented camp.

Day 8: Trek from Tsho Rolpa Lake to Trakarding Glacier 4800m (7/8 hours)

Although short, distance-wise, the trek will be tough today as we are required to walk through the icy and challenging trail of Trakarding Glacier throughout the day. With a view of several mountains like Rolwaling Kang (6664m), Takargo (6671m), and Jabou Ri (6166m) among others, we climb on a rocky terrain to reach Trakarding. Overnight at tented camp.

Day 9: Trek from Trakarding Glacier to Tashi Labcha Phedi 5755m (6/7 hours)

The trail goes uphill through some rock climbing and a slow walk on the glacier. We now leave the trail of Trakarding Glacier and walk through Drolambau Glacier. This will be a difficult day because we walk on slippery trails. The scenic beauty will be amazing to experience as we will be seeing snow all around us. Walking on Drolambau Glacier, we arrive in Tashi Labcha Phedi. Stay overnight at tent camp.

Day 10: Trek from Tashi Labcha Phedi to Tashi Camp 5200m (6/7 hours) via Tashi Lapcha Pass 5755m.

Steep climb from Tashi Labcha Phedi to Tashi Lapcha Pass (5755m) will lead us to Tashi Labcha Camp (5665m), which is also known as Tashi Labcha Phuk. After a hard climb, we reach the top of Tashi Labcha Pass (5755m), which separates Rolwaling region from Khumbu region. We now enter Sagarmatha National Park and descend for a short time to reach Tashi Lapcha Camp. Stay overnight at tent camp.

Day 11: Trek from Tashi Labcha Camp to Thyangbo 4350m (4/5hours)

Today, we will be experiencing relatively easier glacier walking as the trails are smooth and downhill. Descending from Tashi Labcha Camp, we arrive in Ngole, whose trail is full of snow and ice. Then we descend on the trail to reach Parchemuche Tsho, a glacial lake in the Khumbu region, en route to Thyangbo. With a view of Pasang Lhamu Chuli (7350m and Cho Oyu (8201m), we arrive in Thyangbo. Stay overnight at Lodge.

Day 12: Trek from Thyangbo to Thame3820m (4/5 hours)

Early morning, we walk through yak pastureland and arrive at the yak herder's temporary huts. This trail is bumpy and slowly goes downhill. We will follow a small stream throughout the way as we relish the beauty and calmness of the environment. We arrive at the Power House before entering the village of Thame. In the evening, we will visit the Thame Monastery and enjoy the beautiful view of the surrounding mountains. Stay overnight at Lodge.

Day 13: Trek from Thame to Namche Bazaar 3440m (5/6 hours)

The trail descends slowly to Samde. Get the sights of great peaks of the Khumbu including Mt Everest (8848m), Cho Oyu (8201m), Taboche (6367m), and other peaks of Khumbu region. Crossing several villages and monasteries, the trail descends to Syangboche before reaching Namche Bazaar. Then, following the trails of Bhote Koshi River, we arrive in the commercial hub of Namche Bazaar. The Sherpa town is vibrant with tourists from all around the world. Overnight in lodge.

Day 14: Trek from Namche to Lukla2840m (6/7 hours)

Leaving behind Namche Bazaar, we trek with Bhote Koshi River and Dudh Koshi River on our every side. Reaching the confluence of these two rivers at Larja Dobhan, we descend to Jorsalle and exit Sagarmatha National Park. Then, we trek alongside Dudh Koshi River as we cross many villages, monasteries, Mani walls, and prayer wheels to arrive in Lukla. Overnight at tented camp.

Day 15: Fly from Lukla to Kathmandu and transfer to Hotel

We take an early flight from Lukla to Kathmandu (40 minutes) over the spectacular mountain peaks. On arrival, you will be taken to the hotel so that you can rest and freshen up. Later, you can wander around the streets of Kathmandu and do some shopping for your loved ones back home. Feel free to get the taste of local food and lovely ambiance of Kathmandu. Overnight at a 3-star hotel in Kathmandu.

Day 16: Departure to International Airport

We will drop you at Tribhuvan International Airport 3 hours before your flight time. We hope to see you again!

Cost Includes

- Airport pick-up and drop-off.
- All ground transport in a private vehicle.
- 2 nights accommodation with breakfast on a twin-sharing basis.
- Breakfast, lunch, and dinner during the trek.
- Guesthouse accommodation during the trek.
- Experienced, helpful, and friendly guide.
- Round trip flight Kathmandu – Lukla, and Lukla – Kathmandu including departure taxes.
- First aid medical kit.
- Sagarmatha National Park Permits fee.
- Sleeping bags and Down jackets for the trek (should be refunded after the trek
- Trekking map and trip achievement certificate.
- Trekkers' information management system (TIMS) fee.
- Government taxes and office service charges.

Cost Excludes

- International airfare to and from Kathmandu.
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.

- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Extra night accommodation and meals in Kathmandu because of late departure or early return from the mountain due to any reason other than the scheduled itinerary.
- Travel and rescue insurance.
- Personal expenses.
- Tips for guides and porters.
- Optional trips and sightseeing if extended
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)

Trip Map