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Rolwaling trekking is Popular for the fascinating Mountain View, isolated and remote valleys, and also for the most excellent adventure, which is undoubtedly the experience of a lifetime. Rolwaling location is in the west of Mount Everest, near the Tibetan border. The Rolwaling trek offers breathtaking views of the mountains, including Mount Everest the highest peaks in the world, Mt. Gauri Shankar, Melungtse Himal, and several other mountain ranges

## Rolwaling Trek Highlights

- ❖ The second cantilever bridge in Nepal is found during this walk.
- ❖ Discover the traditional way of life and the Buddhist culture.
- ❖ The incredible adventure of Tashi Lapcha Pass.
- ❖ Beautiful Views of Mount Everest, Gaurishankar, Makalu, etc.
- ❖ The beautiful and little-visited Gaurishankar Conservation Area.
- ❖ Diverse cultures, flora, fauna, picturesque area.
- ❖ Exceptional view of gorgeous Himalayas.
- ❖ Visit a virgin forest enriched with flora and fauna.

## Introduction of Rowling Trek

The Rolwaling trek is located between a chain of Langtang Himalaya and Mount Everest, below Mount Gauri Shankar and the southern border of Tibet. The Rolwaling Valley Trek is one of the challenging passes of the Himalayas Everest. Some of the highlights of this hike are the valley, Khumbu, a Tamang village, beautiful views. The Rowling Valley is full of alpine lakes, hanging glaciers, moraines, tall meadows, waterfalls, and an impending view of the snow-capped peaks in the background. This region is rich in biological diversity, isolated villages, glacial lakes, and mountains.

Beyond this Rolwaling trekking area, there are also many endangered and threatened animals around the world. It is also alternative trekking at Everest base camp located in western Khumbu.

Rolwaling Valley Trek is one of the annoying treks. Still, the fantastic view of Mount Langtang and Mount Everest from Rolwaling, majestic Mount Gauri Shanker, natural and cultural beauty, the mountain river, the local Sherpa way of life, Tamang and Chettri make the trek worth it. The district is rich in flora and fauna with 16 main types of vegetation, 34 species of mammals, 16 fish, ten amphibians, eight lizards, 14 snakes, and 235 birds.

### **Detailed Itinerary of Rolwaling Trek**

#### **Day 01: - Reception at Kathmandu airport and drive to the hotel.**

According to your arrival schedule, we will be present at the Kathmandu airport to welcome you and transfer you to the reserved hotel. When you have had time to settle in and cool down after your long flight, we will come to your hotel for a briefing on your program and meeting with your trekking guide. If your flight arrives in the evening time, we will have the same briefing session the next morning after breakfast. Spend the night at the hotel.

Meals included: Breakfast

#### **Day 02: Full day excretion around the Kathmandu Valley**

The next morning, after breakfast, we will take you for a sightseeing tour of the Kathmandu Valley. You will visit the pilgrimage centre of the Pashupatinath Temple and Swyambhunath, ancient and mainly inscribed on the UNESCO World Heritage sites. The largest Buddhist stupa in Boudhanath can make you feel calm and peaceful and visit Patan, the city of fine arts, and Durbar Square is full of Hindu temples and Buddhist monuments. Spend the night at the same hotel in Kathmandu.

Meals included: Breakfast

#### **Day 3: Drive Kathmandu to Dolakha by jeep or bus: 7-8 hours drive.**

It will take approximately 7 hours by car from Kathmandu to Dolkha. We will head northeast on the road from Kathmandu to Lhasa. Then we will leave the path and take the way to Jiri, which will lead us to Dolkha. Night at the hotel.

Meals included: Breakfast, lunch, and dinner

#### **Day 4: Drive Dolakha to Shigati:**

When you get up early, you will make a short visit to the famous Dolakha-Bhimeshwor temple. This temple is known as one of the most popular in the whole country of Nepal. The idol in the temple would resemble three different gods: God Bhimeshwar in the morning time, God Mahadeva in the afternoon and God Narayana at night.

After a brief visit to the spiritual temple of Dolakha, you will take three and a half hours by car to Shigati. Driving on the gravel road, you cross various streams and jungle with varieties of orchids, rhododendrons, and other natural plants. You will set up your first camp here for the night.

Meals included: Breakfast, lunch, and dinner

#### **Day 5: Trek Shigati to Jagat: Walking distance 5-6 hours**

From today you will start your trekking trip. After breakfast, you start your journey through the typically flat terrain along the river. Crossing the terraced rice field, you crossed the rough river across the suspension bridge. After a while of walking, you come across villages and hamlets inhabited by a mixed community. On the way, you have to cross the jungles covered with orchids and some rhododendrons. If you walk through the forest, you can enjoy the magnificent view of the Gaurishankar (7,145 meters). Crossing the suspension bridge, you reached the final destination of the day, Jagat, a small village with people of different ethnicities.

Meals included: Breakfast, lunch, and dinner

#### **Day 6: Trekking Jagat to Simigaon: Walking distance 7-8 hours**

Waking up early in the serenity of the city of Jagat, you will take a short walk in the village before having breakfast. After a quick tour of this small town, you will start your walk following a typical flat path at the start, and then you will climb and descend through the jungle. You leave the forest and follow the river. As you head towards your destination, the valley begins to narrow until you cross the suspension bridge over the river. A short steep uphill climb after the suspension bridge reaches the Sherpa village of Simigaon. This village, inhabited by Buddhists and few Hindus, spans the terrace on the mountainside.

Meals included: Breakfast, lunch, and dinner

### **Day 7: Trek from Simigaon to Daldung La: Walking Distance 6-7 hours**

Starting your trek early, you come across a few other Sherpa establishments. When you start your trek soon, you can have a fascinating view of Gaurishankar Himal, located just above the Rolwaling valley. Walk with the magnificent view of Mt. Gaurishankar; you are walking towards the Rolwaling valley. From Shimigaon Ridge, your trail climbs a rocky, wooded ridge with beautiful pine forest. Walking along the ascending and descending path, taking advantage of the serenity and beauty of the place, you finally arrive at Yak Naka. This place is a temporary yak hangar. This yak shed is mainly used to make cheese and butter. From this place, an hour walk reaches Daldung La.

Meals included: Breakfast, lunch, and dinner

### **Day 8: Trekking Daldung la to Beding: walking distance 5-6 hours**

From Daldung La, your path gradually climbs through a beautiful wooded valley of rhododendrons and alpine vegetation. Along the way, you will have a breathtaking view of the mountain landscapes, including Gaurishankar around you. After crossing the forest, your path continues along the left bank of Rolwaling Khola to the deep river valley, and finally reaches a tributary of Gaurishankar. Walking the suspension bridge over deep gorges in some places makes this hiking trip even more enchanting. From the branch, the trail climbs higher to flat and relatively flat Beding terrain. A short, relaxing walk from the flat land reaches Beding, a large riverside town of Sher. Arriving here, you can see

Rolwaling's highest peak, Melungtse I (7,181 meters). In the center of the village, you can see the old historical Buddhist monastery. You will establish a camp by the river to spend the night.

Meals included: Breakfast, lunch, and dinner

### **Day 9: Acclimatization day in beding:**

Since you are already at high altitude, it is essential to rest one day to rest and acclimatize before going to the altitude region. Taking a day of acclimatization helps your body adjust to the surrounding high altitude and also reduces the possibility of acute mountain sickness (AMS).

On this day, you will have a one-day walk to the Malung La pass or even more to acclimatize our body. When you reach the upper crest of the Malung La Pass, you have a fantastic panoramic view of more than 15 snow-capped peaks, the glacier and the natural forest in the valley below Bend. At the end of the afternoon, you will return to the camp in Beding to spend the night.

Meals included: Breakfast, lunch, and dinner

### **Day 10: Trekking Beding to Na: Walking Distance. 5-6 hours**

The walk to Na from Beding is relatively short and easy. Starting your hike, you will easily hike along the north bank of the Rolwaling River. The trail is wide open with fresh air, and the enchanting sound of the Rolwaling River makes your trip worthwhile. As you go, you pass through some summer villages of Beding. On the way, you can see the busy people in their buckwheat and barley fields. Your walk passes through the monastery and follows the valley until we reach the summer town of Na. Na Location is just below the Tsho Ropla glacier lake.

Meals included: Breakfast, lunch, and dinner

### **Day 11: Acclimatization day in Na and walk to Yalung La:**

Today you take another day off to get used to it. On this day, you can rest in the camp or take a short walk to the Yalung La pass. The hike to Yalung La pass is a steep climb regularly. Upon reaching the upper summit of the camp, you can have

an excellent view of the Tsho Rolpa glacier lake. Outside the Lake, you can enjoy breathtaking views of the Yalung Glacier to the east, Ramdung Peak to the south, Yalung Ri to the west, and the stunning Himalayas peaks to the north.

Meals included: Breakfast, lunch, and dinner

### **Day 12: Trekking Na to Tsho Rolpa Lake: Walking Distance 6-7 hours**

Today, the trek begins on the flat, level trail that gradually rises to witness the Himalayan Lake filled with glacial water. Tsho Rolpa Lake is Nepal's largest glacial lakes. This Lake is located between the Langtang and Everest regions. The views of Menlung and the Tibetan Side Mountains add glory to the view as it unfolds. You will camp on the side of the Tsho Rolpa camp for the night.

Meals included: Breakfast, lunch, and dinner

### **Day 13: Trekking Tso Rolpa to the Trakarding glacier: Walking Distance 4-5 hours**

Today's hike will be relatively challenging as we have to cross glaciers throughout the day. Starting your day early, you head to the Trakarding Glacier on a rocky path. The trail slowly climbs up through a rock climb, and then gradually walks into a glacial moraine, which sometimes crosses rocky ledges. Throughout the struggle on a rocky path, you will discover the enchanting new beauty that will undoubtedly add additional dimensions to your journey.

Meals included: Breakfast, lunch, and dinner

### **Day 14: Trek from Trakarding Glacier to Tashi Lapcha Phedi: walking 5-6 hours**

Today you will walk from the Trakarding glacier to the Tashi Lapcha Phedi camp, raised to 5,755 meters. The trail climbs primarily through rocks and glaciers. The hike follows steep slopes over the glacier to avoid the bottom, but further up, you have to hike through the center on the hard and rocky glacier. A regular hike takes you to the lowest point of the icefall and then climbs to the most open position to reach the Drolambau Glacier. From there, you will descend to the Tashi Lapcha Phedi camp located at the bottom of Tashi Lapcha. The 360-degree

panoramic view of the high mountains from here is fantastic. After arriving at the Tashi Lapcha Phedi camp, you will stay at camp.

Meals included: Breakfast, lunch, and dinner

### **Day 15: Trekking Tashi Lapcha Phedi to Cape Tashi through the Tashi Lapcha pass:**

Today you will go up to the Tashi Lapcha pass from where you will have a perfect view of the Khumbu peaks. After you arrive at the Tashi Lapcha Pass, you only have to head towards Cape Tashi. For us to reach Cape Tashi, you have to cross the Tashi Lapcha Pass. The snow around the trail will be thick, which will prevent you from distinguishing the straight and safe path. After crossing thick snow, you will reach a point from which you will start a gradual walk towards Cape Tashi. You will camp at Cape Tashi for the night.

Meals included: Breakfast, lunch, and dinner

After waking up, you will assemble your camping equipment and begin your trek to Thyomgbo. Today's path will be much more comfortable than the one we have known before. You will descend towards Thyomgbo as you gradually walk down the glacier.

Meals included: Breakfast, lunch, and dinner

### **Day 17: Trekking Thyomgbo to Thame:**

Today, after breakfast, you will descend to Thame. The trail gradually deteriorates, and you will have a new, more comfortable trail experience. You can enjoy the Beautiful natural around you. A gradual and smooth descent takes us to the village of Thame. Here at Thame Village, there is an ancient and fascinating monastery that is located at the upper end of the village. From here, you can enjoy magnificent views of the mountains like Mount Everest, Nuptse, Lhotse, Ama Dablam, Thamserku, and Kusum Kangaru. You will camp here.

Meals included: Breakfast, lunch, and dinner

### **Day 18: Trekking Thame to Namche Bazaar:**

From Thame, you will follow the ancient trade route in Nangoa-la while following the Bhote Koshi River. The trail gradually descends over some time. Then there is steep descent until you reach a bridge over the Dudh Koshi River in Phunki Tenga. From there, you will pass through different towns and go up to Sanasa, a place where Sherpas sell Tibetan products. From there, you will pass through the forest and the trails from top to bottom to reach the Namche Bazaar. You will stay at the hostel to spend the night.

Meals included: Breakfast, lunch, and dinner

### **Day 19: Trekking Namche Bazaar to Lukla:**

Today you return to Lukla to complete the hiking trip. You cross the towns of Monjo and Phakding; you meet the Dudh Koshi River along the way and finally reach Lukla. Like the last day of the trek, you can celebrate the great adventure. Today you see your trekking porters here thanking them for all the help they have done to make your trip possible.

Meals included: Breakfast, lunch, and dinner

### **Day 20: Flight from Lukla to Kathmandu:**

You get up early for your flight back to Kathmandu. You said goodbye to the serene and magnificent mountains and boarded the flight to return to the civilization city. The rest of the afternoon in Kathmandu will be free. Take a walk through the streets of Kathmandu; souvenir shopping; Finding a massage or relaxing at the hotel can be an easy way to pass the time.

Meals included: Breakfast.

### **Day 19: - Final departure, Drop to Kathmandu international airport.**

With much appreciation, we will proudly drop you off at the international airport to take your flight home.

Meals included: Breakfast.

### **The price includes**



- ❖ Airport/hotel/airport transfers in a private vehicle.
- ❖ Three Star Hotel accommodations in Kathmandu, breakfast included.
- ❖ Kathmandu city sightseeing tour with guide and deluxe private vehicle.
- ❖ The experienced government license holder, trekking guide.
- ❖ Kathmandu to Dolkha by tourist vehicle
- ❖ Entry Tickets to the tourist visiting place.
- ❖ Air ticket Lukla to Kathmandu.
- ❖ Tea house/accommodation during the trek
- ❖ You can choose daily meals from the menu during the trip.
- ❖ Trekking permit for Rolwaling Valley Trek
- ❖ TIMS card charge (Trekker Information Management System).
- ❖ All necessary documents and all government taxes

### **Cost excludes**

- ❖ Lunch and dinner in Kathmandu.
- ❖ Nepal entry visa fee, you can get a Nepalese visa upon arrival at the airport.
- ❖ International flight fare and airport tax
- ❖ Alcoholic beverages, hot and cold drinking water, hot showers.
- ❖ Personal expenses such as laundry, phone calls, candy, snacks, and drinks
- ❖ Travel and rescue insurance
- ❖ Tips for staff and driver of the tour and trekking

### **Accommodation in the Rolwaling area**

Because so few tourists visit the region, accommodation facilities in the Rolwaling region are underdeveloped. Teahouses are not as standard as in the other areas, although homestays in some villages can be a good option. Camping is standard for accommodations in the area. Depending on the chosen section of trails in the Rolwaling region, the hike can be a full camp. The paths connecting Rolwaling to the Khumbu region via Tasi Lapcha Pass are a camping hike and require a necessary skill of climbing. The Tsho-Rolpa Lake and Panch Pokhari hike is also a camping hike, while areas like Kalinchowk can be done as a tea house hike

## **Best time to travel in Rolwaling**

Because Rolwaling is one of the least visited trekking regions in Nepal and never sees crowds, it is an excellent place to hike most of the year except in winter. The best season for trekking is from March to the end of May. The fall season is also a good season for hiking in the area, with a clear blue sky illuminating the magnificent mountains that rise above the small towns.

## **Travel insurance**

Travel insurance for any itinerary of our company is a condition for the holiday reservation. You must at least have emergency medical and repatriation insurance that must include the cost of the mountain rescue. Carefully check the general conditions of your insurers, in particular, you must ensure that the following points are covered: 1) Activity (i.e., hiking, trekking or mountaineering) 2) Maximum altitude reached during the trek 3) Helicopter evacuation in case of emergency. It is essential to understand that, you will be responsible for all expenses incurred in evacuation and repatriation procedures and that it is your responsibility to pay all costs incurred in the event of an evacuation or medical treatment. You must be fully aware of the implications of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide can initiate helicopter rescue procedures in medical emergencies without first contacting your insurance company for approval.

## **Physical condition and experience requirements**

Rolwaling Trek is a moderate hike. If we can walk for approximately 5-6 hours each day, you can complete your goal efficiently with a light backpack. The trip is relatively more comfortable for those who are used to walking at altitude. We ask that you jog and exercise regularly at least a few months before the start of the trip. Previous hiking experience would be a bonus, but for this trip, do not need technical skills. It is also vital that you consult your doctor before booking the trek.

Altitude acclimatization is the process of adapting to decreased oxygen levels at higher altitudes to avoid altitude sickness. Therefore, to be successful on the trek and minimize the risk of acute mountain sickness, two separate days are reserved