



Everest Rolwaling Valley via Tashi Laptsa pass



Introduction

Rolwaling Valley Trek is one of the difficult Trek but the amazing sight of Mt Langtang & Mt Everest from Rolwaling, majestic Mt Gauri Shanker, natural as well as cultural beauty, glance mountains river, the local lifestyle of Sherpa, Tamang and Chettri, Village, Wonderful views. The Rowling valley is abundant with alpine lakes, hanging glaciers, moraines, high pastures, waterfalls and imminent view of snowy peaks in the backdrop is the highlight of this trek. The vicinity is rich in flora and fauna with 16 major vegetation types, 34 species of mammals, 16 of fish, 10 of amphibians, 8 of lizards, 14 of snakes and 235 of birds. situated between the Everest and Langtang Himalaya ranges, below Gauri Shankar (7,145m) and south border of Tibet. This region lies between Langtang range and Everest range. Rolwaling valley trekking is one of the hard passes in Everest Himalaya. The Rolwaling Himal, along with the Tibetan border, forms the northern border of a wild, beautiful east-west valley that, due to its isolated location, has been largely closed to trekkers. It is also an alternative trail to Everest base camp trekking located in the west of Khumbu. Being close to the Tibetan border people highly influenced by Tibetan culture and have adopted Unique Culture and Tradition. People in the villages are very warm-hearted and very kind as well.

The Tsho Rolpa is an awesome ice lake held back by terminal moraine on the way during Rolwaling trekking . The unmarked route goes along the Trakarding Glacier and then climbs steeply up onto the Drolambau Glacier. This place offers an excellent view of the magnificent mountain ranges like Mt. Makalu, Mt. GauriShankar and Mt. Everest range,

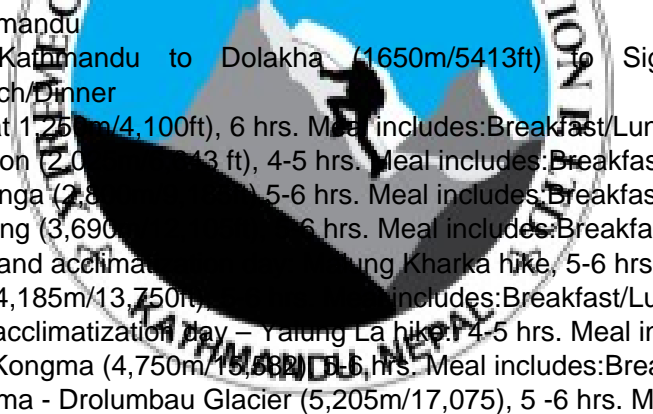
Rolwaling Valley and Rolwaling Himal, and Ramdung peak. The trek joins the Khumbu valley route so you can carry on to the Everest Base camp or back to Lukla and fly to Kathmandu.

Starting from Dolakha, near Charikot, a Seven to eight-hour drive from Kathmandu. We trek following the Rolwaling River. Throughout rolwaling valley. Contains several small villages, the largest at Bedding, and is fed by the Rolwaling Khola and its numerous tributaries. In 2010 this area was declared a conservation area, known as the Gaurishankar Conservation Area: covering 2179 square Kilometers. It is home to some 60,000 people, the largest group being Tamangs followed by Sherpas and Chhetris. A very fine but strenuous camping-style expedition can be made through the Rolwaling Himal to cross the Teshi Lapcha La (5755m) and into the Solukhumbu. Great views of Mt. Melungtse (7,181m) Mt. Dorje Lakpa and Mt. Tashi Lapcha are visible. It will be an unforgettable experience in the Himalayas. Rolwaling Valley trek provides you an opportunity to Explore Diverse Vegetation, climate, topography and many other beautiful places.

Facts

- Altitude: 5755<
- Duration: 18 days
- Grade: Moderate to Challenging
- Group: 2 - 15
- Country: Nepal
- Best Season: Autumn and Spring
- Start/Ends: Kathmandu (Capital of Nepal)
- Accomodation: Local Lodge, Tented Camping, Hotels
- Transportation: Bus and Flight

Itinerary

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- **Day 1** : Arrival in Kathmandu
 - **Day 2** : Drive Kathmandu to Dolakha (1650m/5413ft) to Sigatte (1020m/ 3,345ft), 7-8 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 3** : Sigatte - (Jagat 1,250m/4,100ft), 6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 4** : Jagat - Simigaon (2,000m/6,561ft), 4-5 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 5** : Simigaon - Donga (2,800m/9,186ft), 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 6** : Donga - Bedding (3,690m/12,103ft), 6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 7** : Bedding Rest and acclimatization day - Khumjung Kharka hike, 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 8** : Bedding-Na: (4,185m/13,750ft), 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 9** : Na: Rest and acclimatization day - Yalung La hike, 4-5 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 10** : Na - Nyiduk Kongma (4,750m/15,581ft), 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 11** : Nyiduk Kongma - Drolumbau Glacier (5,205m/17,075), 5 -6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 12** : Drolumbau Glacier - Teshi Laptsa pass (5,755m/18,820ft) and decent to Camp at (5460m/17,912ft), 6 -7 hrs.Meal includes:Breakfast/Lunch/Dinner
 - **Day 13** : Camp - Thame (3,805m/12,482), 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 14** : Thame – Khumjung (3,871m/12,700ft), 3-4 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 15** : Khumjung - Monjo (2,840m/9,318),3-4 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 16** : Monjo - Lukla (2,840m/9,317ft), 4 - 5 hrs. Meal includes:Breakfast/Lunch/Dinner
 - **Day 17** : Lukla - Kathmandu. (1300 m/4264 ft), 35 min flight. Meal includes:Breakfast/Dinner
 - **Day 18** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Domestic Airfare
- All Ground Transportation

- All Required Entry permits & Fee
- Guide and Porter Salary, necessary porters
- 3 star or same category hotel on BB {Bed & Breakfast} plan in Kathmandu according itinerary
- Comfortable high quality VE-25 North face tents for members during camp
- Entire necessary High quality Kitchen utilities with Dining, Toilet, Kitchen tent chair/table.
- Company Guarantee for Emergency evacuation (clients are required to have their own traveling Insurance which copied hand over to company)
- Full meals (Breakfast, Lunch & Dinner) during the trek
- Hot drinks (Tea & Coffee)
- Safe Drinking water
- All mountain accommodation (3 Nights twin sharing Room with independent bathroom and hot shower; remaining nights soft, comfortable twin sharing private room)
- Domestic flight (Lukla / Kathmandu)
- An experienced English-speaking trek leader (Govt. registered trekking guide), assistant trek leader (4 trekkers: 1 assistant guide) and Sherpa porters to carry luggage (2 trekkers: 1 porter)
- Guide & porter salary, insurance, equipment, flight, food and lodging
- All necessary paperwork and permits (National Park Permit & TIMS)
- A comprehensive medical kit
- All government and local taxes
- Trekking equipment such as down filled sleeping bags, walking poles and duffel bag

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our trekkers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit for mountain will be different during Spring and Autumn season. Normally most of the climbers climb Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual

(private arrangement) expedition.

7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in _____ or login to _____ for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Any meals in Kathmandu other than breakfast, welcome and Farewell dinner
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist).
- International air fare to and from Nepal.
- Nepal Tourist Visa fee
- Items and expenses of a personal nature.
- Any kind of alcoholic drinks, cold drinks, laundry, phone calls, internet.
- Personal Trekking Equipments like sleeping bags, jackets (can all be hired in KTM)
- Emergency Evacuation (Helicopter Rescue).
- Any costs which arise due to a change of the itinerary, because of landslides, political disturbance, and strikes etc.
- Any other costs whatsoever, that is not mentioned in the cost includes.
- Additional porters due to natural calamities during the trek.
- Tips for guide, porters, driver

