# Rolwaling Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

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| DURATION | **19 Days** |
| DIFFICULTY | **Moderate** |
| MAX ALTITUDE | **5755m** |
| GROUP SIZE | **17 People** |
| BEST SEASON | **September–November and March–May** |
| START / END | **Kathmandu / Kathmandu** |
| PRICE FROM | **USD 2,190 per person** |

## Trip overview

The Rolwaling–Tashi Lapcha Trek is one of Nepal's most adventurous and demanding high-altitude expeditions, connecting the remote Rolwaling Valley with the Everest region through the challenging Tashi Lapcha Pass (5,755 m). This trek is ideal for experienced trekkers seeking a true Himalayan wilderness experience combined with glacier travel, technical terrain, and dramatic mountain scenery.

The journey is known for its isolation, raw natural beauty, and spectacular views of Himalayan giants such as Gauri Shankar, Melungtse, Tengi Ragi Tau, and distant views toward Everest region peaks. The crossing of Tashi Lapcha Pass is the highlight, offering breathtaking glacier panoramas and a direct connection between two iconic Himalayan valleys.

This trek is suitable only for well-prepared trekkers with high-altitude experience and basic mountaineering skills.

### Geography and Landscape

The Rolwaling–Tashi Lapcha Trek is located in eastern Nepal, within the Rolwaling Himal region of Dolakha district, extending into the Khumbu (Everest) region. The route passes through remote valleys and high mountain terrain, much of it inside the protected Himalayan conservation areas including Gaurishankar Conservation Area.

The trek begins with a drive from Kathmandu to Jagat or Shigati, followed by a long ascent through the Rolwaling Valley. The lower sections feature subtropical forests, terraced farmland, rivers, and scattered villages. As the trail progresses, the valley becomes increasingly narrow and rugged, surrounded by steep cliffs and snow-covered peaks.

One of the most important stops is Na Village and Beding, traditional settlements of the Sherpa and Tamang communities living in extreme mountain conditions. Above these villages, the landscape transforms into alpine terrain with glaciers, moraines, and glacial lakes such as Tsho Rolpa, one of the largest glacial lakes in Nepal.

From the high camp, trekkers cross the Tashi Lapcha Pass, a technical and physically demanding section involving glacier travel, snow slopes, and rope-assisted sections depending on conditions. The descent leads into the Thame Valley of the Everest region, completing one of the most dramatic

cross-valley transitions in Nepal.

The combination of glaciers, remote valleys, and high alpine wilderness makes this trek exceptionally challenging and visually stunning.

### Climate and Best Time to Trek

The best seasons for the Rolwaling–Tashi Lapcha Trek are spring (April–May) and autumn (September–October). These months offer the most stable weather conditions for high-altitude trekking and glacier crossing.

Spring provides gradually warming temperatures, clearer skies, and relatively stable snow conditions on the pass. Autumn offers crisp air, excellent visibility, and more predictable weather, making it the preferred season for crossing Tashi Lapcha safely.

Winter (November–March) is extremely cold with heavy snowfall, making the pass inaccessible and dangerous. The monsoon season (June–August) brings rain, landslides, and unstable conditions in lower valleys, making it unsuitable for this expedition.

Overall, autumn is considered the safest and most reliable season for completing the full traverse.

### People and Culture

The Rolwaling Valley is home to a mix of Sherpa and Tamang communities whose lifestyles are deeply influenced by Tibetan Buddhism and high-altitude survival traditions. Villages such as Beding and Na preserve traditional stone houses, prayer flags, mani walls, and ancient monasteries.

Local life is centered around yak herding, small-scale agriculture, and trade between valleys. The isolation of the region has helped preserve unique cultural practices and a strong sense of community resilience.

As trekkers descend into the Everest region after crossing Tashi Lapcha, they enter Sherpa settlements such as Thame, where Buddhist monasteries and mountaineering heritage are prominent.

The combination of extreme wilderness, technical mountain terrain, and deep cultural heritage makes the Rolwaling–Tashi Lapcha Trek one of the most challenging and rewarding trekking experiences in Nepal.

## Highlights

- Explore the remote and pristine Rolwaling Valley.
- Enjoy spectacular views of Gauri Shankar and Melungtse.
- Trek through glaciers, forests, alpine meadows, and rugged Himalayan terrain.
- Cross the challenging Tashi Lapcha Pass (5,755m).
- Experience traditional Sherpa culture and ancient monasteries.
- Discover peaceful, less-crowded trails with deep spiritual atmosphere.
- Ideal for experienced trekkers seeking adventure and solitude.
- Option to connect with the classic Everest trekking route.

## Day-by-day itinerary

### Day 1 : Arrival in Kathmandu (1,400m)

*Altitude: 1,400m*

**Stay: Hotel · Visit: Nepal · Meals: Dinner**

Your journey begins in Nepal's bustling capital city. This day is dedicated to preparing your gear, reviewing safety protocols, and attending a detailed trek briefing to familiarize yourself with the route and cultural background.

### Day 2 : Permit Preparation and Trek Briefing in Kathmandu (1,400m )

*Altitude: 1,400m*

**Stay: Hotel · Visit: Nepal · Meals: Breakfast**

Activity Duration: 4–6 hours

Today is reserved for obtaining trekking permits and finalizing logistics. Your guide will review safety procedures, altitude awareness, glacier-crossing techniques, and equipment requirements for the Tashi Lapcha Pass crossing.

The rest of the day is free for sightseeing or relaxation.

### Day 3 : Drive from Kathmandu to Gongar Khola (1,440m)

*Altitude: 1,400m – 1,440m*

**Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Drive Duration: 8–9 hours

Leave Kathmandu early and travel east through the scenic foothills of Nepal. The drive passes traditional villages, terraced farmlands, winding mountain roads, and beautiful river valleys before reaching Gongar Khola, the starting point of the trek.

### Day 4 : Trek from Gongar Khola to Simigaun (2,000m)

*Altitude: 1,440m – 2,000m*

**Walk: 4–5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Begin trekking with a steady ascent through terraced fields, forests, and traditional Tamang and Sherpa settlements. Simigaun is a picturesque mountain village offering magnificent views of the Rolwaling Valley.

### Day 5 : Trek from Simigaun to Dongang (2,790m)

*Altitude: 2,000m – 2,790m*

**Walk: 6–7 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Today's trail enters dense forests of rhododendron, pine, and bamboo. Follow the Rolwaling River through narrow valleys and suspension bridges before arriving at Dongang, a small settlement surrounded by wilderness.

### Day 6 : Trek from Dongang to Beding (3,690m)

*Altitude: 2,790m – 3,690m*

**Walk: 5–6 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

The valley gradually widens as you gain altitude. Spectacular views of snow-capped peaks begin to dominate the landscape. Reach Beding, the largest Sherpa village in Rolwaling Valley, known for its ancient monastery and rich cultural traditions.

### Day 7 : Acclimatization Day in Beding (3,690m)

*Altitude: 3,690m – 4,000m – 3,690m*

**Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Hiking Duration: 3–5 hours

A vital acclimatization day. Explore the village, visit local monasteries, and take short hikes to surrounding ridges for panoramic views of the Rolwaling Himal.

This day helps your body adapt to the increasing altitude before heading higher into the valley.

### Day 8 : Trek from Beding to Na Gaon ( 4,180m)

*Altitude: 3,690m – 4,180m*

**Walk: 3–4 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

A shorter trekking day through alpine meadows and yak pastures. The scenery becomes increasingly dramatic as glaciers and towering Himalayan peaks come into view.

Na Gaon is a peaceful high-altitude settlement surrounded by spectacular mountain scenery.

### Day 9 : Acclimatization Day in Na Gaon (4,180m)

*Altitude: 4,180m – 4,800m – 4,180m*

**Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Hiking Duration: 4–6 hours

Optional hikes include:

- Yalung Ri viewpoint
- Glacier viewpoints above Na Gaon
- High alpine ridges overlooking the Rolwaling Valley

These excursions offer stunning views while aiding acclimatization for the upcoming pass crossing.

### Day 10 : Trek from Na Gaon to Tsho Rolpa Lake (4,580m)

*Altitude: 4,180m – 4,580m*

**Walk: 4–5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Trek alongside glacial moraines toward the spectacular Tsho Rolpa Lake, Nepal’s largest glacial lake. Surrounded by rugged peaks and ice-covered slopes, this sacred lake is one of the highlights of the Rolwaling region.

### Day 11 : Trek from Tsho Rolpa to Drolambau Glacier Camp (4,800m)

*Altitude: 4,580m – 4,800m*

**Walk: 6–7 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Today's route traverses rugged glacial terrain, boulder fields, and moraine ridges. The landscape becomes increasingly remote and alpine as you approach the base of Tashi Lapcha Pass.

### Day 12 : Cross Tashi Lapcha Pass and Trek to Tashi Phuk (5,100m)

*Altitude: 4,800m – 5,755m – 5,100m*

**Walk: 8–9 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

The most challenging and rewarding day of the expedition.

Begin before dawn and ascend toward Tashi Lapcha Pass. Depending on conditions, ropes, crampons, and technical assistance may be required. From the summit, enjoy breathtaking views across the Rolwaling and Everest regions.

After crossing the pass, descend carefully to Tashi Phuk.

### Day 13 : Trek from Tashi Phuk to Thyangbo (4,350m)

*Altitude: 5,100m – 4,350m*

**Walk: 4–5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Descend through glacial valleys and yak grazing areas into the Khumbu region. The trail offers magnificent views of surrounding peaks and changing alpine landscapes.

### Day 14 : Trek from Thyangbo to Thame (3,820m)

*Altitude: 4,350m – 3,820m*

**Walk: 4–5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Continue descending through traditional Sherpa villages and beautiful mountain scenery before arriving at Thame, one of the oldest Sherpa settlements in the Everest region.

Visit the famous monastery and experience authentic Sherpa culture.

### Day 15 : Trek from Thame to Namche Bazaar (3,440m)

*Altitude: 3,820m – 3,440m*

**Walk: 3–4 hours · Stay: Tea House , Resort , · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

A relatively easy trek brings you to Namche Bazaar, the commercial and cultural center of the Khumbu region. Enjoy cafés, bakeries, shops, and excellent mountain views.

### Day 16 : Trek from Namche Bazaar to Lukla (2,860m)

*Altitude: 3,440m – 2,860m*

**Walk: 6–7 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner**

Follow the classic Everest Base Camp trail down the Dudh Koshi Valley. Cross suspension bridges, pass Sherpa villages, and reach Lukla, where you'll celebrate the completion of your trekking adventure.

### Days 17 : Fly from Lukla to Kathmandu (1,400m)

*Altitude: 2,860m – 1,400m*

**Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner**

Flight Duration: 30–40 minutes

Enjoy one final Himalayan sunrise before boarding your scenic mountain flight back to Kathmandu.

After arrival, transfer to your hotel and enjoy a well-earned rest.

### Day 18 : Buffer Day in Kathmandu

*Altitude: 1,400m – 1,400m*

**Stay: Hotel · Visit: Nepal · Meals: Breakfast**

Activity Duration: Free day

This day is reserved for possible weather-related flight delays from Lukla. If not required, use the day to explore Kathmandu’s UNESCO World Heritage Sites, shop for souvenirs, or relax.

### Day 19 : Final Departure

**Stay: Hotel · Visit: Nepal · Meals: Breakfast**

Transfer to Tribhuvan International Airport for your onward flight.

Depart Nepal with unforgettable memories of the remote Rolwaling Valley, the spectacular crossing of Tashi Lapcha Pass, pristine glaciers, high mountain lakes, and the legendary Sherpa culture of the Everest region.

## Altitude & temperature

*Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.*

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Permit Preparation and Trek Briefing in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Drive from Kathmandu to Gongar Khola · 1,400 m · day 21°C / night 11°C
- Day 4 · Trek from Gongar Khola to Simigaun · 1,440 m · day 21°C / night 11°C
- Day 5 · Trek from Simigaun to Dongang · 2,000 m · day 18°C / night 7°C
- Day 6 · Trek from Dongang to Beding · 2,790 m · day 14°C / night 2°C
- Day 7 · Acclimatization Day in Beding · 3,690 m · day 9°C / night -4°C
- Day 8 · Trek from Beding to Na Gaon · 3,690 m · day 9°C / night -4°C
- Day 9 · Acclimatization Day in Na Gaon · 4,180 m · day 7°C / night -7°C
- Day 10 · Trek from Na Gaon to Tsho Rolpa Lake · 4,180 m · day 7°C / night -7°C
- Day 11 · Trek from Tsho Rolpa to Drolambau Glacier Camp · 4,580 m · day 5°C / night -9°C
- Day 12 · Cross Tashi Lapcha Pass and Trek to Tashi Phuk · 4,800 m · day 4°C / night -11°C
- Day 13 · Trek from Tashi Phuk to Thyangbo · 5,100 m · day 2°C / night -13°C
- Day 14 · Trek from Thyangbo to Thame · 4,350 m · day 6°C / night -8°C
- Day 15 · Trek from Thame to Namche Bazaar · 3,820 m · day 9°C / night -4°C
- Day 16 · Trek from Namche Bazaar to Lukla · 3,440 m · day 11°C / night -2°C
- Day 17 · Days 17 : Fly from Lukla to Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 18 · Buffer Day in Kathmandu · 1,400 m · day 21°C / night 11°C

## What’s included

## 1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

### 2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

### 3. Permits

- Dolakha restricted area permits. (Issued by Department of Immigration)
- Gaurishankar Conservation Area Project (GCAP)
- Local Government Entry Permits.
- Trekkers' Information Management System (TIMS) permits.

### 4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

## Not included

## 1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

### 2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

### 3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

### 4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

### 5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

## Dates & prices

- 02 Mar 2027 – 20 Mar 2027 · USD 2,190 · Available
- 16 Mar 2027 – 03 Apr 2027 · USD 2,190 · Available
- 06 Apr 2027 – 24 Apr 2027 · USD 2,190 · Available
- 20 Apr 2027 – 08 May 2027 · USD 2,190 · Available
- 04 May 2027 – 22 May 2027 · USD 2,190 · Available

## Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

## What to bring — packing checklist

## Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

### Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

### Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

### Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

### Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

*Down jackets and sleeping bags can also be rented in Kathmandu.*

## Essential information

## Accommodation

Accommodation is provided in basic teahouses, homestays, and camping-based setups depending on the route section.

Lower villages such as Jagat, Simigaun, and Dongang offer simple lodge facilities. However, beyond the main settlements toward Na Gaun and Beding, accommodation becomes very basic and camping support is often required in remote areas.

Facilities are limited but provide an authentic wilderness trekking experience.

## Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek.

Meals are prepared either in teahouses or by expedition cooking crews during camping sections.

Typical menu options include:

- Traditional Dal Bhat set meals
- Rice, noodles, pasta, and soups
- Potatoes, vegetables, and seasonal produce
- Eggs, Tibetan bread, and porridge
- Tea, coffee, and hot beverages

Food variety becomes limited in higher and more remote sections.

## Difficulty & Physical Requirements

The Rolwaling Trek is classified as strenuous to very strenuous, suitable only for experienced trekkers with strong physical fitness and prior high-altitude experience.

Daily trekking ranges from 6 to 9 hours, involving steep ascents, narrow trails, glacier-fed valleys, and rugged mountain terrain.

Advanced itineraries may include the challenging Tashi Lapcha Pass (5,755m), which requires mountaineering skills, use of crampons, ropes, and glacier travel experience.

## Permits

Required permits include:

- Gaurishankar Conservation Area Permit (GCAP)
- TIMS Card (Trekkers' Information Management System)
- Special permits for crossing Tashi Lapcha Pass (if included in itinerary)

A licensed guide is mandatory, and high-altitude support teams are strongly recommended.

## Best Season

- Spring (March–May): Stable weather, blooming rhododendrons, and clear views
- Autumn (September–November): Best trekking conditions and high visibility
- Winter (December–February): Extremely cold with heavy snow in higher regions
- Monsoon (June–August): Not recommended due to landslides and slippery terrain

### Transportation & Access

The trek typically begins with a drive from Kathmandu to Charikot or further to Jagat/Simigaun depending on the itinerary.

From there, the trail ascends gradually through forested valleys, Sherpa villages, and alpine landscapes deep into the Rolwaling region, reaching remote settlements such as Beding and Na Gaun.

### Safety & Acclimatization

The trek reaches elevations above 4,000–5,700 meters depending on the route and requires careful acclimatization.

Important safety considerations include:

- Gradual altitude gain in remote valleys
- Monitoring for Acute Mountain Sickness (AMS)
- Limited rescue and communication infrastructure
- Glacial terrain hazards in higher sections
- Weather variability in alpine zones

Professional guides and expedition teams are essential for safety and navigation.

### Travel Insurance

Comprehensive travel insurance is strongly recommended and should include:

- High-altitude trekking coverage (up to at least 6,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and accident coverage

## Additional information

### Guide & Porter Services

A licensed guide is mandatory due to the remoteness of the Rolwaling region.

Porters and, in higher sections, full expedition support teams are highly recommended, especially for routes involving glacier travel and camping.

Guides provide essential navigation, safety management, and cultural interpretation of Sherpa and Tibetan-influenced communities.

### Cultural & Natural Highlights

The Rolwaling Valley Trek offers one of the most untouched Himalayan experiences:

- Remote Rolwaling Valley and alpine wilderness
- Stunning views of Mt. Gaurishankar and surrounding peaks
- Traditional Sherpa villages and Buddhist culture
- Sacred lakes and glacier-fed landscapes
- Dense rhododendron and pine forests
- Rare wildlife including Himalayan thar and snow leopard habitats

- Extremely low trekking traffic and pure solitude
- Gateway to Tashi Lapcha Pass and Everest region connections

### Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots
- Layered clothing system for extreme conditions
- Warm down jacket (-20°C to -30°C recommended)
- Waterproof and windproof outer layers
- Gloves, thermal hat, and UV sunglasses
- Trekking poles
- Sleeping bag rated for sub-zero temperatures
- Daypack or expedition duffel bag
- Crampons, harness, and glacier equipment (if crossing high pass)
- Personal first aid kit and altitude medication

### Communication & Connectivity

Mobile network coverage is extremely limited or unavailable in most parts of Rolwaling Valley.

Trekkers should expect long periods without communication. Satellite devices are recommended for remote expeditions.

### Why Choose the Rolwaling Valley Trek?

The Rolwaling Trek is ideal for adventurers seeking extreme wilderness and isolation:

- One of Nepal's most remote trekking valleys
- Stunning views of Gaurishankar and Himalayan peaks
- Authentic Sherpa culture and Buddhist heritage
- Very low tourist traffic and pristine environment
- Access to challenging glacier and high-pass routes
- Ideal for experienced trekkers and expedition teams
- Unique combination of forests, glaciers, and alpine wilderness
- Gateway between Langtang and Everest regions
- Opportunity for technical trekking via Tashi Lapcha Pass

## Frequently asked questions

### How difficult is the Rolwaling Trek?

The Rolwaling Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

### What is the best time for the Rolwaling Trek?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at

night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

### What permits do I need for the Rolwaling Trek?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

### What is the accommodation like on the Rolwaling Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

### Can I book the Rolwaling Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

### Do I need travel insurance for the Rolwaling Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

### What should I pack for the Rolwaling Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

## Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/rolwaling-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com