# Rolwaling Trek

Itinerary & costs · 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** |

## 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

## Ready to book or have a question?

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

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