



## We like...

- An amazing remote trek in the heart of the Sherpa culture on the Tibetan border
- Tsho Rolpa is one of the biggest glacial lakes in Nepal
- Trek along the route of the first Everest Expedition in 1953
- A mixed trek through forests, alongside steep mountain faces and beautiful rivers

## Trip Facts

Maximum Altitude:	4,580 m / 15,026 ft
Location:	Nepal, Gaurishankar region
Group Size:	2 - 12 people
Number of days:	10 days
Type of Trek:	Strenuous, narrow track

## Rating

Difficulty	▲▲▲▲▲
Fitness	▲▲▲▲▲



Fixed dates on website or Private Trip  
Rolwaling Trek



## Why trekking with World Sherpas?

- ✦ The combined experience of clients and leading mountain/trekking guides into a single company
- ✦ An exceptional quality of services at the best price
- ✦ The production of beautiful photos and videos to always remember an extraordinary expedition



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## Price

Fixed date: 1,500 US\$  
 Private trip price on request

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i>Included</i>	<i>Excluded</i>
<ul style="list-style-type: none"> <li>• All arrival and departure transfer services to and from airport</li> <li>• Transfers to Chhetchhet by jeep or bus and back to Kathmandu</li> <li>• Transport of 1 bag of a maximum total weight of 20 kgs to the start point of the trek and back to Kathmandu after the trek</li> <li>• 3 nights' accommodation at a good quality hotel in Kathmandu on a bed &amp; breakfast, double basis (single option at extra cost)</li> <li>• Three meals a day (breakfast, lunch and dinner with tea or coffee) along with available accommodation at lodge or camping during trek</li> <li>• Trekking permit and all fees required by the local regulations</li> <li>• Necessary staff including experienced trekking guide(s) and porters</li> <li>• First aid medical kit</li> <li>• Satellite phone for emergencies (available to members as a paying service)</li> <li>• Visit to Beding Monastery</li> </ul>	<ul style="list-style-type: none"> <li>• Tips for Trekking Guides and staff (Standard tip: US\$100 per client)</li> <li>• Lunch and dinner in Kathmandu</li> <li>• Extra hotel charge at Kathmandu and during the trek (bar bills, laundry, additional nights)</li> <li>• Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks</li> <li>• Internet access during the trek</li> <li>• Personal trekking equipment (see gear list)</li> <li>• Personal medical, travel &amp; evacuation insurance (mandatory)</li> <li>• International airfare</li> <li>• Nepal entry visa fee</li> <li>• Donation to Beding Monastery (Minimum US\$10)</li> </ul>



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## Trek Itinerary

Location map



Trek itinerary





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Day	Program	Trek Distance	Est. Time
1	Arrival to Kathmandu and transfer to hotel (1,350 m/4,430 ft)		
2	Gear check, briefing and Kathmandu visit		
3	Drive from Kathmandu to Chhetchhet by jeep/bus Trek to Simigaun (1,951 m/6,400 ft).	3 km / 1.9 mi	8-10 hours 2-3 hours
4	Trek to Dongang (2,500 m/8,202 ft). Approximately 6-7 hours walking	7.2 km / 4.5 mi	6-7 hours
5	Trek to Beding (3,690 m/12,106 ft). Approximately 3-4 hours walking	9.0 km / 5.6 mi	3-4 hours
6	Trek to Na (4,200 m/13,780 ft)	6.0 km / 3.7 mi	4-5 hours
7	Trek to Tso Rolpa lake (4,580 m/15,025 ft) and back to Beding	4.4 km / 2.7 mi	6-7 hours
8	Trek to Simigaun (1,951 m/6,400 ft). Approximately 8-10 hours walking	16.2 km / 10.1 mi	8-10 hours
9	Trek to Chetchet Drive to Kathmandu and transfer to hotel.	3 km / 1.9 mi	1-2 hours 8-10 hours
10	Free day in Kathmandu and transfer to airport for departure		

*The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the trekking guide will deem necessary for the safety and / or success of the trek.*



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## Accommodation & Food

- Toilet and wash facilities in each village
- Showers (at a fee) available at Simigaun and Beding
- Breakfast and dinner will be served in lodges
- Lunch will either be at lodge during trek or a packed lunch will be provided
- Sleeping in lodges or other available accommodation
- Snacks & beverages can be purchased in lodges

## Communications

- Company satellite phone is available for a fee during the trek

## Notes

There are some options for the free day in Kathmandu after the trek

- Everest flight (US\$200) early departure, weather permitting
- Half day Kathmandu City tour (US\$50)
- Shopping around Thamel
- Massage & Spa

## Gallery



*Image 1 – View looking down the Rolwaling Valley from Tso Rolpa Lake*



*Image 2 – Outside local tea house in Beding Village*



*Image 3 – Beding Village*



*Image 4 – Trekking through the forest in the lower sections of the valley*