



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:	1 - 12 people
Number of days:	10 days
Type of Trek:	Strenuous, narrow track




Rating

Difficulty ▲▲▲▲▲

Fitness ▲▲▲▲▲



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



See dates on website or Private Trip
Rolwaling Trek

Price

US\$1,600 per person
 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"> • All arrival and departure transfer services to and from airport • Transfers to Chhetchhet by jeep or bus and back to Kathmandu • Transport of 1 bag of a maximum total weight of 15 kgs to the start point of the trek and back to Kathmandu after the trek • 3 nights' accommodation at a good quality hotel in Kathmandu on a bed & breakfast, double basis (single option at extra cost) • Three meals a day (breakfast (1), lunch (1) and dinner (2) with tea or coffee) along with available accommodation at lodge or camping during trek • Trekking permit and all fees required by the local regulations • Necessary staff including experienced trekking guide(s) and porters • First aid medical kit • Satellite phone for emergencies (available to members as a paying service) • Visit to Beding Monastery 	<ul style="list-style-type: none"> • Tips for Trekking Guides and staff (Standard tip: US\$200 per client) • Lunch and dinner in Kathmandu • Extra hotel charge at Kathmandu and during the trek (bar bills, laundry, additional nights) • Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks • Internet access during the trek • Personal trekking equipment (see gear list) • Personal medical, travel & evacuation insurance (mandatory) • International airfare • Nepal entry visa fee • Donation to Beding Monastery (Minimum US\$10)

Trek Itinerary

Location map



Trek itinerary





See dates on website or Private Trip
Rolwaling Trek

Day	Program
1	Arrival to Kathmandu and transfer to hotel (1,350 m/4,430 ft)
2	Gear check, briefing and Kathmandu visit
3	<p>Drive from Kathmandu to Chhetchhet by jeep/bus</p> <p>Trek to Simigaun (1,951 m / 6,400 ft)</p> <p>After a long day driving to our start point of the trek at Chhetchhet, we stretch our legs and cross our first suspended bridge across the Tamakoshi river. Once across the river we make the steep ascent up the steps towards the village of Simigaun. As we reach the top of the steps, we are welcomed with a beautiful green plateau with small trails to make our way to our lodge for the evening.</p>
4	<p>Trek to Dongang (2,500 m / 8,202 ft)</p> <p>We leave the beautiful meadows of Simigaun and gradually make our way higher into the Rolwaling valley. We travel through some thick forest before getting to our lunch spot at Surmucho (2,493 m / 8,179 ft) nestled into the hillside forest. We continue along through the forest and get some beautiful views of the Rolwaling Kosi river to the left of us. As we descend to the river we come to an opening in the forest and are welcomed into the small but spectacular village of Dongang where we stay for the night.</p>
5	<p>Trek to Beding (3,690 m / 12,106 ft)</p> <p>We continue through the forest before crossing the Rolwaling Kosi river. Once across the river, we ascend higher into the valley and move more into Alpine territory with amazing views of some Himalayan peaks. We have our lunch stop at the small village of Thangding. We see the beautiful Gaurishankar Mountain, the 2nd highest peak of the Rolwaling Himal. As we come to an opening in the valley, we make the gradual ascent to the majestic village of Beding.</p>
6	<p>Trek to Na (4,200 m/13,780 ft)</p> <p>We leave Beding at leisure as we have a short walk up towards our final village of our journey, Na. We travel alongside the Rolwaling Kosi River, while the valley narrows with magnificent steep mountain faces on both sides of us. We pass the site of the cave which the Buddhists considered blessed, and travel to for meditation. As we gain some height and the valley begins to</p>



See dates on website or Private Trip
Rolwaling Trek

	widen we are welcomed in through the beautiful, spiritual entrance to Na village.
7	Trek to Tso Rolpa Lake (4,580 m / 15,025 ft) and back to Beding We leave Na and cross the river Kosi river and travel along up the wide valley. There are great views of the West face of Chobutse (6,685 m / 21,932 ft). WE travel up to reach the end of the valley and then make the short zig-zag track up to the lake. We have spectacular views of the Rolwaling valley, surrounded by many beautiful 6,000 m – 7,000 m peaks. We take a break here and have a picnic with a packed lunch we take from Na. You can see the route over the difficult Tashi Lapcha pass. We make our way back to Na and then onto Beding for the evening.
8	Trek to Simigaun (1,951 m / 6,400 ft) We retrace our steps back down the valley stopping for lunch in Dongang before trekking the last push to Simigaun for the evening.
9	Trek to Chetchet We have an early start to make the steep descent back down the steps to our jeep pick up point. Drive to Kathmandu and transfer to hotel.
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.



See dates on website or Private Trip
Rolwaling Trek

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