

# Rolwaling Tashi lapcha Pass Trek

## Standard Itinerary

### Rolwaling Tashi Lapcha Pass Trek Itinerary:

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

##### Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

#### Day 02: Simigaon

Drive from Kathmandu to Simigaon 2025m/6643ft, 8/9 hours. Overnight at tent.

##### Highlights:

- Drive through typical in a hilly area of Nepal.
- Traditional farming system.
- Observation of the life of locals.
- Scenic with views of Gauri Shankar and other Mountains and peaks.

#### Day 03: Donga

Trek from Simigaon to Donga 2800m/9185ft 5/6 hours. Overnight at tent.

##### Highlights:

- Blooming rhododendron and other sub-alpine vegetation.

- Traditional lifestyle and farming
- Amazing animal-rearing culture in typical villages.
- Encounter various ethnic groups.

## **Day 04: Beding**

Trek from Donga to Beding 3690m/12105ft 5/6 hours. Overnight at tent.

Highlights:

- Cross the river of Rolwaling.
- Trek via the alpine forest of Nepal.
- Trek through farmland.
- Explore the Sherpa village of Beding.

## **Day 05: Beding**

Rest day and acclimatization day 5 hours. Overnight at tent.

Highlights:

- Visit the century-old Buddhist monastery.
- Hike to adopt the altitude nearby.
- Visit traditional Sherpa village.
- Experience local wine and whiskey.

## **Day 06: Na**

Trek from Malung Kharka to Na 4185m/13750ft 5/6 hours. Overnight at tent.

Highlights:

- Trek in at the higher altitude
- Trek alongside the Rolwaling River.
- Close-up views of surrounding mountains.
- Beautiful landscapes and natural scenery.
- Trek via pastureland.
- Observation of the biggest settlements of Rolwaling.

## **Day 07: Na**

Rest and acclimatization day at Na and hike to Yalung La for 4/5 hours. Overnight at tent.

Highlights:

- Hike to Yalung La.
- Explore the village.
- Acclimatize 400m.

## Day 08: Chugima

Trek to Chugima, 4-5 hours 4820m | 15809ft. Overnight at tent.

Highlights:

- View of Ladung Himal Range.
- Mahalangur Himal Range.
- Encounter one of the biggest glacier lakes, Tsho Rolpa.
- Step into the wilderness with no human settlements.

## Day 09: Drolumbau Glacier

Trek from Nyiduk Kongma to Drolumbau Glacier 5205m/17075 5/6 hours. Overnight at tent.

Highlights:

- Trek alongside Trakarding glacier.
- View of the glacier lake alongside.
- Enter into the lap of the Himalayas towards Drolumbau glacier.

## Day 10: Noisy Knob

Trek to Noisy Knob Camp 5400m | 17712ft 6-7 hours. Overnight at tent.

Highlights:

- View of Ladung Himal Range.
- Mahalangur Himal Range.
- Cross the Drolumbau glacier.
- Prepare for the **Tashi Laptcha Pass at 5755m/18820ft.**

## Day 11: Thyangbo Camp

Trek from Noisy Knob to Thyangbo Camp via **Tashi Lapsa Pass at 5755m/18820ft** and decent to Thyangbo Camp at 4250m 8/9 hours. Overnight at tent.

Highlights:

- Early morning climb towards Khumbu region.
- Use the safety rope to climb during the first hours.
- Climb on a snowy plank.
- View of inspiring sceneries and majestic mountains from Tashi Lapsa summit/Pass.
- Panorama of the Khumbu Himalayas and Rolwaling range.
- Encounter Pachermo peak and its climbing route

## **Day 12: Thame**

Trek from Camp to Thame 3805m/12482, 5/6 hours. Overnight at Lodge.

Highlights:

- Views of Ama Dablam, and other peaks of the Everest region.
- Trek via beautiful pastureland.
- Visit the village of great Sherpa climbers.

## **Day 13: Namche Bazar**

Trek from Thame to Namche Bazar 3440m/11283ft 4 hours. Overnight at Lodge.

Highlights:

- Unique view of Kwangde Peak.
- Encounter Himalayan pheasant and musk deer.
- Hike via Sherpa traditional farming and typical village.
- Visit Thame Monastery.

## **Day 14: Namche Bazar**

Acclimatization and hike to Everest View Hotel viewpoint, 2 hours climb. Overnight at Lodge.

Highlights:

- Visit the sunrise viewpoint at Namche.

- View of majestic Everest, Lhotse, Nuptse, Thamsherku, Kusumkhang, Khangtega, Tawache, Amadablam, Khumbila, and Kwangde
- Visit the community museum of Sagarmatha National Park.
- Hike to the Everest Viewpoint Hotel (2900m) for 2 hours for altitude adoption.
- Drink tea or coffee at the viewpoint with one of the best viewpoints throughout the trek.
- Visit the Khumjung valley and Khumjung school.
- Acclimatize 600m.

## Day 15: Lukla

Trek from Namche Bazar to Lukla 2800m/9184ft 7 hrs. Overnight at Lodge.

Highlights:

- Trek via the temperate and subalpine forests.
- Yaks and Mule Caravan.
- Check in/out to the Sagarmatha National Park.
- Trek along the Bote Koshi river with its buzzing sound.
- Lunch at the beautiful riverside restaurant.
- View of Mt Thamsherku, Kusumkhang and Tawache.
- Encounter view of double suspension bridges with hung prayer flags.
- View the ahead trail from a beautiful cliff between lunch camp and Namche Bazaar.
- Enjoy the last day with all staff at Lukla.
- Gift exchange, if have any.
- Farewell cake and dinner together with all of the staff.
- Group Picture.

## Day 16: Kathmandu

Early morning flight to Kathmandu and transfer to hotel. Evening farewell with cultural dance and in a typical Nepali restaurant. Overnight at Hotel on BB plan

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.

- Farewell dinner with cultural dance in a typical Nepali restaurant.

## Day 17: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

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## Includes and Excludes

### Includes

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive a public jeep to Simi Gawn guest and guide (optional: private vehicle as per participant's preference).
- Domestic flight from Lukla to Kathmandu airport guest and guide.
- Staff transportation Kathmandu/Simi Gawn /Lukla/Kathmandu.
- Fully camping service north face tent for guests, dining tent, kitchen tent, toilet tent, mattress, kitchen equipment, and camping crew, etc.
- Twin-sharing accommodation during the trek (Tented camp and Lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) in other languages as per the participant's preference
- Necessary Porter: Porter carries 25kg only.
- All Government local tax Gaurishankar Conservation Area Project (GCAP) and Sagarmatha National Park entry permit and TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

### Excludes

- Lunch and dinner in Kathmandu
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek)
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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