



## Rolwaling Trek



### Introduction

Rolwaling trek offers outstanding view of Himalayas that lies along the north-eastern side of the finger land that juts into Tibet to the north-east of the Kathmandu – Kodari – Lhasa highway. It forms the northern border of a wild, beautiful and seldom frequented valley below a string of some 50 peaks all over 6000m. It is crowned by the double peaks of Gaurishankar (7,145m/23,475 ft) on the border and the peaks of Melungtse I (7181m) and II (7023m) in Tibet.

Rolwaling valley trek known as the Gaurishankar Conservation Area: covering 2179 square Kilometers. It is home to some 58 000 people, the largest group being Tamangs followed by Sherpas and Chhetris. contains several small villages, the largest at Beding, and is fed by the Rolwaling Khola and its numerous tributaries. In 2010 this area was declared a conservation area. 18 days Rolwaling trek begins with a scenic drive along the 106 km friendship highway towards east of Kathmandu, through beautiful scenery towards the border town. After another 50km, at Khadichur, we leave the main highway to travel eastwards as far as the bus terminus at Charikot Dolakha. From here our footpath undulates, often steeply, between broad ridges and river crossings to link picturesque Chhetri, Tamang and Sherpa villages. There are numerous suspension bridges across impressive gorges that shorten the climbs. The path passes through ancient rhododendron, oak and pine forests interspersed with terraced fields around the villages. From the top of the Daldung La (3900m) there could be magnificent views of Gaurishankar and its satellite peaks. Beyond Na, the last kharka (summer grazing village) is the magnificent Tsho Rolpa, an ice lake held behind its terminal moraine. There is serious concern that with climate change increasing temperatures in the region, melting waters could cause the moraine to burst: causing havoc downstream. Work is being done to permanently dam the lake.

The unmarked route then passes the Trakarding Glacier before climbing onto the Drolambau Glacier. The highest point on the trek is the Teshi Lapche La (5755m) on the slopes of Patchamo. It is one of Nepal's highest trekking passes and rises in a glaciated wilderness set amongst snowy peaks including Tengri Ragi Tau (6943m), Bisphero Go Shar (6729m) and Dragkar (6793m). The descent to the campsite is steep and some 300m below the pass. From here, it descends easily into the Solu Khumbu to join the ancient caravan route from Tibet that leads to the lowlands via Namche Bazaar. The trek ends at Lukla and a flight back to Kathmandu.

## Facts

- Altitude: 5755m<
- Duration: 18 days
- Grade: Moderate to Strenuous
- Group: 2 - 15
- Country: Nepal
- Best Season: February-May/September-December
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and dinner or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

## Itinerary

- **Day 1** : Greetings at Kathmandu Airport. (Breakfast, and Dinner Included)
- **Day 2** : A full day sightseeing tour of Kathmandu. (Breakfast Included)
- **Day 3** : Kathmandu to Dolakha (1650m). (Breakfast, Lunch and Dinner Included)
- **Day 4** : Dolakha to Shigati (1020m). (Breakfast, Lunch and Dinner Included)
- **Day 5** : Shigati to Gongar (1350m). (Breakfast, Lunch and Dinner Included)
- **Day 6** : Gongar to Simigaon (2020m). (Breakfast, Lunch and Dinner Included)
- **Day 7** : Simigaon to Donga (2800m). (Breakfast, Lunch and Dinner Included)
- **Day 8** : Donga to Beding (3690m). (Breakfast, Lunch and Dinner Included)
- **Day 9** : Beding to Na (4180m). (Breakfast, Lunch and Dinner Included)
- **Day 10** : Acclimatization day. (Breakfast, Lunch and Dinner Included)
- **Day 11** : Na to Nyiduk Kongma (4750m). (Breakfast, Lunch and Dinner Included)
- **Day 12** : Nyiduk Kongma Drolumbau Glacier (5200m). (Breakfast, Lunch and Dinner Included)
- **Day 13** : Drolumbau Glacier to Tashi Lapsa passes (5755m). (Breakfast, Lunch and Dinner Included)
- **Day 14** : Camp to Thame (3800m). (Breakfast, Lunch and Dinner Included)
- **Day 15** : Thame to Monjo/Phakding. (Breakfast, Lunch and Dinner Included)
- **Day 16** : Namche Bazaar trekking to Lukla (2,850). (Breakfast, Lunch and Dinner Included)
- **Day 17** : Flight from Lukla to Kathmandu overnight at Hotel. (Breakfast, Dinner Included)
- **Day 18** : Final Departure (Breakfast Included)



**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport / Hotel / Airport transfers by private vehicle.
- \*\*\*Hotel Accommodation in Kathmandu including breakfast.
- Flight Lukla-Kathmandu
- Guided Tour of Kathmandu City with expert tour guide and private vehicle
- Government license holder experienced, trekking guide (trained in Wilderness First Aid & altitude sickness) and porters (1 porter for between 2 trekkers basis) with their food, accommodation, salary, equipment, and accidental insurance, clothing and medicine.
- Tea house/Lodges Accommodation during the trekking
- Daily Meals chosen from the Menu (breakfast, lunch and dinner) during the trek.
- Trekking Permit for Rolwaling Valley Trek
- Trekkers information management system (TIMS) card fee.
- Group medical supplies (first aid kit will be available).
- Thuraya SAT Phone (For emergency use only)
- Radio Walki Talki
- Comprehensive pre-departure information and trip dossier.
- Fare well Nepali Dinner in Kathmandu
- All necessary paper works, office Service charge and all Government Taxes

### Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

### Why we don't include cost in our website

**NOTE:** To provide you service in reasonable cost we attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
- 4.

Request numbers of oxygen, mask regulators and the brands the clients require

5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [Whatsapp](#) or login to [Facebook](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Transportation from Kathmandu to Dolkha by tourist bus and flight ticket for Lukla to Kathmandu.
- Lunch and dinner in Kathmandu.
- Nepal entry visa fee, you can get Nepal visa upon arrival in the Airport.
- Entrance fee towards to Historical monument
- International Airfare/Airport tax, City tour Sightseeing entry fees.
- Alcoholic, hot and cold drinks, water, hot and cold showers.
- Personal expenses such as telephone calls, sweets, snacks, beverages and bar bills, camera battery charging.
- Travel Insurance (Essential - Should include emergency evacuation coverage while trekking up to 5500+ meters).
- Personal trekking gears
- Tips for tour/ trekking staffs and driver.
- Any others expenses which are not mentioned on Price includes section.

