

Rolwaling Trekking

<https://www.nectravels.com/package/rolwaling-trekking-2/>

Rolwaling trek is one of the most difficult treks in Nepal. The Rolwaling valley is known as “*the Grave*” simply because of its location. It is buried down between steep ice- giants. This region lies amidst the Langtang and Everest range. The major highlights of Rolwaling trek are the captivating sights of both Mount Langtang and Mt Everest. The trekkers will be rewarded with the enchanting views of Majestic Mount Gauri Shanker (7134 m).

Many mysterious stories have been said about this valley. It is believed that *Yeti* lived over there. Very few tourists have succeeded in trekking in *Rolwaling area* because it covers the mountains of Nepal/China (Tibet). The trail to Rolwaling trek pass goes between huge mountains. This trek allows us to see the natural and cultural beauty of Nepal. Rolwaling trek combines the perplexing great view of Mt. Melungtse, Mt. Dorje Lakpa, Mt. Tashi Lapcha, waterfalls, Tsho Rolpa Lake, monasteries and landscapes. Trek leads up along the Tamba Koshi river bank so you will get an opportunity to glance at the Mountains River over Rolwaling trek. We will encounter Sherpa, Tamang and Chhetri villages with their local lifestyle, gloomy primeval forest and over the broad bridge with wonderful views.

Rolwaling trek begins from Dolakha, a small township near Charikot, an eight hours drive from Kathmandu. The trail following the course of River Tamakoshi on the way to Simigaon adds more thrills to the trek. In this trek, the Glacial Lake Tsho Rolpa offers an unforgettable experience.

Itinerary

Day Day 01: Arrival in Kathmandu & transfer to Hotel

We will pick you up at the airport for your convenience to greet you and transfer to your desired hotel. After refreshment we will have a briefing about your program and have a short meeting with your trekking guide.

Day Day 02: Full Day Sightseeing in Kathmandu

After breakfast you will be taken for a full day sightseeing tour around Kathmandu valley. You will visit the center of pilgrimage Pashupatinath Temple and Swayambhunath Stupa which are very ancient and essentially enlisted in UNESCO World Heritage sites. The biggest Buddhist Stupa at Boudhanath might make you feel calm and peaceful and visit Patan the city of fine arts and Durbar Square is full of Hindu temples and Buddhist monuments.

Day Day 03: Drive Kathmandu to Dolakha (1650m/5413ft)

After Breakfast we will have about a 7 hours drive from Kathmandu to Dolakha. We will head towards the northeast on the highway that connects Kathmandu to Lhasa. We will then leave the road and take the way to Jiri, which leads us to Dolakha. Overnight at Dolakha.

Day Day 04: Trek Dolakha to Shigati (1020m/3346ft).

After breakfast, walk through scattered villages and terraces. The trail is very well defined and used by porters and shepherds. Before the roadway was only up to Dolakha but due to the Tamakoshi Hydropower construction work, we will be able to drive to Shigati as well.

Day Day 05: Trek Shigati to Gongar (1350m/4429ft).

After breakfast through Bhote Koshi river, Pass fir hamlets and villages walking through a forest, you will get a chance to see Gauri Shankar Himal (7145m). From Shigati, we will head towards Gongar and spend the rest of the day there.

Day Day 06: Trek Gongar to Simigaon (2020m/6627ft).

After breakfast we will start the path slowly, gain altitude on an impressive slope and later cross terraces. Arrive at Simigaon at Sherpa village. Buddhists mostly populate the town and in some of the parts. We can find the Hindu religion too. Overnight at the Lodge.

Day Day 07: Trek Simigaon to Donga (2800m/9186ft).

From Simigaon, we will trek to the Rolwaling valley. Walking Through a gorgeous rhododendron forest; the path steadily climbs towards Gyalche. Eventually, we descended back down to the river and established the campsite on the Rolwaling Khola.

Day Day 08: Trek Donga to Beding (3690m/12106ft).

We will gradually climb the valley with good mountain scenery. Continuing the trek, we will go on until we come across the natural and flat terrain. Finally we will reach Bedding. We will visit the ochre-colored Gumpa at Bedding, the largest village of the valley.

Day Day 09: Trek Bedding to Na (4180m/13714ft).

A short walk will take us to Na. A tiny alpine hamlet only inhabited during summer months, a majestic view of impressive peaks with Chobutse (6685m) and Chugimago (6259m).

Day Day 10: Acclimatization day.

There will be a day's rest for acclimatization before the Tashi Lapcha. We can have a rest or can do a Yalung la pass.

Day Day 11: Trek Na to Nyiduk Kongma (4750m/15584ft).

Above Na Gaun, the trail meanders up to a high lake named Tsho Rolpa (4540m) and up to the lateral moraines of the Rolwaling glacier.

Day Day 12: Trek Nyiduk Kongma Drolumbau Glacier (5200m/17060ft).

We will enjoy and have fun at Nyiduk Kongma Drolumbau Glacier (5200m).

Day Day 13: Trek Drolumbau Glacier to Tashi Lapsa passes (5755m/18881ft)

The Teshi Lapcha La goes through these mountains with the foot slopes of Patchamo. The descent on the other side is steep and very rough through boulder fields.

Day Day 14: Trek Camp to Thame (3800m/12467ft).

Cross river through ancient rhododendron, oak and pine forests interspersed with terraced fields adjoining the numerous villages of the region. Camping at night.

Day Day 15: Trek Thame to Namche Bazar (3440m/11286ft).

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Day Day 16: Trek Namche Bazaar trekking to Lukla (2,850m/9350ft)

The descent from Namche to the Dudh Koshi can be the hardest stage of the entire trek. The trail descends over the ridge past rocky cliffs and scattered pines to the tiny village of Toktok. The trail drops steeply and runs level throughout the day. Enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa village arrival in Lukla. You'll have time to stroll around the local areas.

Day Day 17: Flight from Lukla to Kathmandu

Saying a final goodbye to our porters, we will have a flight back to Kathmandu in an exciting one hour. (It can also be an extra day in case of bad weather in Lukla, which makes the Lukla flight delayed and canceled.)

Day Day 18: Free day in Kathmandu.

This day will be a free day in Kathmandu. In case of cancellation of the flight from Lukla to Kathmandu due to the weather.

Day Day 19: Departure

After breakfast, transfer to Airport for your flight to the next destination.