

Rolwaling Tashi Labtsa Pass Trek



Trip Overview

Rolwaling Tashi Labste Pass Trek gives access to discover the stunning scenario of both the Rolwaling valley and the Khumbu region of Nepal. This trek guides travelers to the unspoiled villages of Himalayas. The journey to Rolwaling Tashi Labste Pass Trekking comparatively challenging and thrilling as it takes to the glacial path and passes over High Mountain pass i.e. Tashi Labste (5755 meters). We can examine the quietness of the Himalayan and magnificent environment together with snow-clad mountains. Further, this region is rich in Sherpa culture and monasteries.

Rolwaling valley is the beautiful gem of Nepal that is situated just between two gigantic mountains. This journey starts with the ride to Gonggar through Dolakha. Once we reach Dolakha, we pass the villages such as Simigaun, Bedding and, Na. The awe-inspiring view of Mt. Gaurishankar (7,134 meters) is breathtaking. We get an opportunity to explore pleasant Glacier Yalung from the Na village. We also hike the training peak Ramdung La (5,665 meters). Afterward, we ascend radiant Tsho Rolpa Lake that lies at the elevation of 4540 meters. Tsho Rolpa Lake is the known largest glacial lake in Nepal. Then trails become quite challenging and difficult as we trek the slippery glaciers to reach Tashi Labste Pass (5,755 meters). The Tashi Labste Pass divides the Rolwaling region and the Gaurishankar Conservation area from Sagarmatha National Park. We trace our trail to the Khumbu region and heads towards Namche Bazaar. Namche Bazaar is the biggest residential region of Sherpa

and the main village of the whole Himalayas. On our way to Namche, we observe the gigantic top of the world Mt. Everest (8848 meters) and mountains like Mt. Cho Oyu (8,188 meters) and others. After having a day stay at Namche Bazaar we move to Lukla and trace back to Kathmandu.

The journey is challenging as the elevation is higher. This trek is only recommended to those with good health and physical fitness. The best season to mark this journey is from April to May and September to October. If the traveler is below 18 then he/she must be accompanied by the adult. This trek gives an ultimate momentum to experience the glaciers, and region at the foot of a gigantic mountain.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Drive from Kathmandu via Dolakha to Gonggar (1660 Mtr/5445 Ft) • 7-8 hours and trek to Simigaun (2020 Mtr/6625 Ft) 1-2 hours.
- Day 3 - Trek to Dongang La (2792 9157 Ft) from 7-8 hours
- Day 4 - Trek to Bedding (3740 Mtr/12267 Ft) 7-8 hours.
- Day 5 - Rest and Exploration day
- Day 6 - Trek to Na (4180 Mtr/13710 Ft) 4-5 hours
- Day 7 - Day for acclimatization: Hike to Ramdung La (5665 Mtr/18581 Ft) and Yalung glacier.
- Day 8 - Trek to Tsho Rolpa Lake (4540 Mtr/14891 Ft) 4-5 hours
- Day 9 - Trek to Trakarding glacier (4800 Mtr/15744 Ft)
- Day 10 - Trek to Tashi Labsta Phedi (5755 Mtr/18876 Ft) 6-7hours
- Day 11 - Trek to Tashi Labsta Camp (5665 Mtrs/18581 Ft through Tashi Labsta Pass (5755 Mtr/18876 Ft). 6- 7 hours
- Day 12 - Trek to Thyangbo (4350 Mtr/14268 Ft) from Tashi Labsta Camp. 4-5 hours.
- Day 13 - Trek to Thame (3820 Mtr/12530 Ft)-4-5 hours
- Day 14 - Trek to Namche Bazaar (3440 Mtr/11283 Ft) from 4 hours
- Day 15 - Trek to Lukla (2840 Mtr/9315 Ft) 6-7 hours
- Day 16 - Fly to Kathmandu from Lukla.
- Day 17 - Departure from Tribhuwan International Airport.

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for (Lukla-Ktm)
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner) During the trek
- 3 Star hotel accomodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Head

Warm Hat
Cap
Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermol
T-shirts
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)
Underwear
wind stopper/waterproof Pant
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for Camera and Flash Light
Hand Towel
Head lamp with extra Batteries
Sun Glasses with UV protection

Suitcase (For stored in Kathmandu hotel for not needed items for trek)