

Overview

Our Rolwaling Tashi Laptsa Pass Trek is an outstanding trail that takes trekkers through remote Sherpa settlements, around glacial lakes, and over high passes. On a map, this trail connects the Everest region with the nearly unheard of Rolwaling area by way of the thrilling Tashi Laptsa Pass (5755 meters/18,881 feet). As we cross from the distant Rolwaling Himal area into the world-famous Khumbu region, dazzling mountain views lie before our eyes. Another highlight of the trek is taking a rest near one of the largest glacial lakes in Nepal, Tsho Rolpa (4580 meters /15,030 feet). Throughout the journey, though, you will be in constant amazement of the beauty that surrounds you.

During the first part of the Rolwaling Tashi Laptsa Pass trek, the trail passes over gushing rivers, some of which we cross by slippery wet rocks and wood. After ascending from Simigaon, we reach the Draplung La Pass (3976 meters), with breathtaking views of Gaurishankar (7146 meters). In Bedding, explore the old Buddhist monastery. Maybe we can get a tour if the monks are not busy! The route rises through alpine meadows and yak grazing pastures, all while being surrounded by the majesty of the Himalayas. During the Rolwaling Tashi Laptsa Trek, feast your eyes on dozens of peaks over 6000 meters, including Mount Everest, Ama Dablam, and more.

A couple of days later, we reach the majestic Tsho Rolpa lake, which could be frozen depending on how early in the season we reach there. The deep blue lake is enveloped by flanked by mountains – a truly picturesque scene. Before we know it, the time has come to cross the Tashi Laptsa Pass – one of the most difficult passes in the region. The hard work pays off as we get panoramic views of Everest region peaks as well as Langtang region peaks.

The Tashi Laptsa Pass Trekking trail makes its descent into the Everest region. Arrive in the tranquil Thame river valley and slowly hike through Sherpa settlements. We have a stop in Namche Bazaar, a big shopping and trading hub of the area, before ultimately winding up in Lukla for the flight back.

Our Rolwaling Tashi Laptsa Pass Trek is a combination of teahouse and camping journey. Where there are guesthouses or homestays, we can stay there upon your request. Otherwise, we will be camping outside under a tent. Release your attachments to your normal, everyday life and 'lose yourself' in the mountains. That's why the cost of the trek has been decreased a bit. Our detailed itinerary will give day by day information. For a couple of weeks, forget about the worries you have and live in the moment! Enjoy the views and feel the refreshing mountain breeze.

Highlights

High-altitude trek to Tashi Laptsa Pass (5755 meters/18,881 feet)

Relaxing, peaceful excursion from the Gaurishankar region to the Everest region

Rest near the majestic Tsho Rolpa (4580 meters /15,030 feet) lake

Sleep under the stars on the lap of the Himalayas

Learn about Sherpa culture and their devotion to Tibetan Buddhism

Outline Itinerary

Day 01 : Arrive in Kathmandu Valley(1400m).

Day 02 : Drive from Kathmandu to Singati (1020m), 6-7 hour drive.

Day 03 : Singati to Jagat (1250m), 5-6 hours.

Day 04 : Jagat to Simigaon (2025m), 5-6 hours.

Day 05 : Simigaon to Donga (2800m), 5-6 hours.

Day 06 : Donga to Beding (3690m), 5-6 hours.

Day 07 : Rest day for acclimatization and exploration.

Day 08 : Beding to Na Gaon (4185m), 5-6 hours.

Day 09 : Rest day for acclimatization and exploration.

Day 10 : Na Gaon to Tso-Rolpa (4360m), 4-5 hours.

Day 11 : Rolpa to Drolumbau Glacier (5205m), 5-6 hours.

Day 12 : Drolumbau Glacier to Tashi Lapsa-La (5755m) and descend to Base Camp (5460m), 7-8 hours.

Day 13 : Base Camp to Thame (3805m), 7-8 hours.

Day 14 : Thame to Namche Bazar via Khumjung Village(3440m), 5hours.

Day 15 : Namche Bazaar to Lukla (2860m), 4-5 hours.

Day 16 : Fly from Lukla to Kathmandu, 30 minute flight.

Day 17 : Final Departure from Nepal.

Cost Includes

- Cost Includes
- Transportation to and from Tribhuvan Airport.
- Three nights in a 3 star hotel in Kathmandu, breakfast included.
- Local guest house accommodation and tented camp in mountain.
- Government-authorized, experienced guide and porters
- Insurance, food, accommodation, and wage for guides and porters
- Hygienic meals (breakfast, lunch, and dinner) during the trek.
- Sagarmatha National Park permit
- Gauri Shankar National Park permit
- TIMS card
- First Aid Kit
- Maps
- Service charge and government taxes
- Post-trek celebration dinner in Kathmandu

Cost Excludes

- International airfare
- Meals in Kathmandu (besides breakfast)
- Your personal expenses, shopping, etc.
- Shower and electronic charging fees at guest houses during the trek
- Alcoholic drinks, chocolates, tea and coffee
- Tips for guide and porter
- Extra accommodation and meals outside of itinerary
- Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)