



Himalayan Glory Travels and Tours

"Holiday Planner in Himalayas"

Himalayan Glory Travels and Tours

Rolwaling Valley Trek

Trip Overview

Wilderness trek in the region that flanks famous Khumbu...

Flanking the famous Everest Region, nestles exceptionally beautiful yet least trodden trekking region Rolwaling- the home to famous mountaineers until the date. The trek being rarely trodden has most of the natural delights in the rawest form and the culture in the region is way authentic than Khumbu or Everest Region.

This moderate trek catering the glorious views of Himalayan peaks includes Gaurishankar (7,145m) and Melungtse (7,181m). Rolwaling valley trek also provides an experience the remoteness of this region, diverse flora and fauna and rich local Buddhist cultures. Rolwaling valley trek requires a good walking experience and a good physical form. There is a Great nunnery Gumpa called Bigu Gumpa. In Sherpa Language Biku means "Seed". Apart from mountain views, Sherpa culture and floral and faunal biodiversity the trek in the region also caters cultural encounters in the villages like Beding (3,690m) and Na (4,183m). The exceeding beautiful glacial lake, Tso Rolpa is also the prime attraction of the trek.

Trekking to Rolwaling Himal, west of Everest and near the Tibetan border, offers fascinating experience for sure. The trek starts in Barabise, goes over Tinsang la pass, and descends Bigu Gumpa. The trail descends Bhotekosi River and turns into the Rolwaling valley, one of the most remote, mysterious, and fascinating places on earth. Rolwaling valley is the place where some mountaineers used to prepare expedition and hunted yetis in the past. Beding is the last permanent settlement & Na Gaun, which is only the summer settlement, is the highest altitude reached in the trek.

Trip Highlights

Wilderness trek in the region that flanks famous Khumbu... Flanking the famous Everest Region, nestles exceptionally beautiful yet least trodden trekking region Rolwaling- the home to famous mountaineers until the date. The trek being rarely trodden has most of the natural delights in the rawest form and the culture in the region is way authentic than Khumbu or Everest Region. This moderate trek catering the glorious views of Himalayan peaks includes Gaurishankar (7,145m) and Melungtse (7,181m). Rolwaling valley trek also provides an experience the remoteness of this region, diverse flora and fauna and rich local Buddhist cultures. Rolwaling valley trek requires a good walking experience and a good physical form. There is a Great nunnery Gumpa called Bigu Gumpa. In Sherpa Language Biku means "Seed". Apart from mountain views, Sherpa culture and floral and faunal biodiversity the trek in the region also caters cultural encounters in the villages like Beding (3,690m) and Na (4,183m). The exceeding beautiful glacial lake, Tso Rolpa is also the prime attraction of the trek. Trekking to Rolwaling Himal, west of Everest and near the Tibetan

border, offers fascinating experience for sure. The trek starts in Barabise, goes over Tinsang la pass, and descends Bigu Gumpa. The trail descends Bhotekosi River and turns into the Rolwaling valley, one of the most remote, mysterious, and fascinating places on earth. Rolwaling valley is the place where some mountaineers used to prepare expedition and hunted yetis in the past. Beding is the last permanent settlement & Na Gaun, which is only the summer settlement, is the highest altitude reached in the trek.

Day 1: Day 1: Arrival to Kathmandu airport and transfer to hotel

Day 2: Day 2: Half-day sightseeing tour and necessary preparation for the trek

Day 3: Day 3: Drive from Kathmandu - Barabise (819m)

Day 4: Day 4: Barabise to Kabre (1605m)

Day 5: Day 5: Kabre to Dolongsa

Day 6: Day 6: Dolongsa to Bigu Gumpa (2310m)

Day 7: Day 7: Bigu Gumpa to Chilangka (1923m)

Day 8: Day 8: Chailangka to Kulong (1890m)

Day 9: Day 9: Kulong to Shalu (1500m)

Day 10: Day 10: Shalu to Simigaon (200m)

Day 11: Day 11: Simigaon to Forest Camp (2800m)

Day 12: Day 12: Forest Camp to Beding (3694m)

Day 13: Day 13: Beding to Na (4100m)

Day 14: Day 14: Na to Forest Camp (2800m)

Day 15: Day 15: Forest Camp to Chetchet (1500m)

Day 16: Day 16: Chetchet to Chetre (1000m)

Day 17: Day 17: Chetre to Dolakha (950m)

Day 18: Day 18: Dolakha to Charikot (200m)

Day 19: Day 19: Charikot to Kathmandu

Day 20: Day 19: Charikot to Kathmandu

Day 21: Day 21: Transfer to international airport.

Cost Include

- All Ground Transport
- English speaking guide and support porter.
- Hotel tourist standard in kathmandu with B/B plan.
- Insurance and equipment for trekking guide and porter.

Cost Exclude

- Nepal visa and Exit flight form Kathmandu.
- Drinks and bar bills during langtang trek.
- Meal as per itinerary.
- Tips for guide and porter.
- Travel insurance extra expense.

Route Map

Joint Group Cost:

US\$