

Rolwaling Valley Trek - 7 Days

URL: <https://nepalalternativetreks.com/trip/rolwaling-valley-trek/>

Rolwaling Valley Trek Quick Information

Weather

-10°C to 16°C

Duration

7 Days

Difficulty

Moderate

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Jeep/Bus

Daily Activity

06 hours walking

Religion

Buddhist

Ethnic People

Sherpa, Rai

Region of Nepal

Eastern Nepal

Max Altitude

4,580m./15114ft.

Per Person Cost

USD 550

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Mountain, Lakes, Rivers, Green hills, Villages, Fields

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$550.00
Group Of 5 - 8	USD \$530.00
Group Of 9 - 12	USD \$510.00
Group Of 13 - 18	USD \$490.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview Of the Rolwaling Valley Trek

Rolwaling Valley Trek is a unique and lesser-known trekking destination in the Everest region of Nepal. Its off-the-beaten trail takes you into the Gauri Shakar Conservation Area and is close to the Tibetan border.

The Rolwaling Valley is also known as the “Grave” because of its challenging topographical location. Similarly, the valley has another name, “The Land of Yeti,” you will hear many local stories about its sightings and existence. It is a region’s hidden gem with serene and untouched natural beauty. But the trek is a difficult venture requiring basic peak climbing skills. It is more like climbing than trekking.

Despite its challenges, the Rolwaling Trek is a rewarding and remarkable journey. It is even among some of the best treks in Nepal. The breathtaking view of Mt. Langtang, Gauri Shankar, and Mt. Everest is the trekking’s main draw to Rolwaling Valley. En route, trekkers will also come across several glacial lakes, glaciers, moraines, high pastures, waterfalls, remote communities, and other natural features.

Few trekkers have successfully completed this journey because of its remote location. The valley was closed to outsiders until recent years. When one descends to this lovely valley, the trail between the vast mountains and the surrounding splendor graces them.

The Rolwaling Trek is a one-of-a-kind high-altitude journey into a remote area of the Everest region. The trail passes the ancient Sherpa settlement of Beding and Na, which has a rich Tibetan Buddhist culture. These communities offer traditional local traditions and the most difficult Tashi Lapcha pass between Rolwaling Valley and the Khumbu region. The optimum seasons to complete the Rolwaling trip are spring and fall. This trekking is best suited for experienced hikers or seasoned trekkers.

Rolwaling Valley Trek Highlights

- Commence on a thrilling adventure to the Land of Yeti.
- Traverse through charming Sherpa settlements, ancient monasteries, dense woodland, green pastures, cascading waterfalls, rivers, and glaciers.
- Trek on an off-beat and isolated trail of the Gauri Shankar Conservation Area.
- Get to witness the diverse Himalayan flora and fauna.
- Visit the picturesque and ancient village of Beding and Na.
- Grand view of Mount Everest, Gauri Shankar, Ama Dablam, Thamserku, Cho Oyu, Ramdung, Yalung Ri, Pharchamo, and other peaks.
- Take an excursion to the stunning turquoise Tso Rolpa Lake.
- Learn about the Sherpa community’s unique culture, traditions, and customs.

Weather

Best Season for Rolwaling Valley Trek

The best seasons for Rolwaling Valley Trek are autumn (September to November) and spring (March to May). These seasons offer the best weather and temperature for trekking. Similarly, there is less rainfall,

and the views are stunning. The landscapes are also vibrant and thriving at these times of the year.

Rolwaling Valley's temperature ranges from -10°C to 16°C throughout the year. The average daytime temperature is 16°C, and the minimum is -10°C. There is a drastic change in temperature between lower and high-altitude regions. The daytime temperature in spring and autumn ranges between 5°C to 15°C.

January

-10°C to 5°C

February

-8°C to 6°C

March

-5°C to 8°C

April

-2°C to 10°C

May

2°C to 13°C

June

5°C to 15°C

July

7°C to 16°C

August

7°C to 16°C

September

5°C to 15°C

October

0°C to 11°C

November

-5°C to 8°C

December

-8°C to 6°C

Difficulty

How Difficult is Rolwaling Valley Trek?

Rolwaling Valley Trek is a challenging trek that requires reasonable fitness, strength, and stamina. Trekkers have to walk on varied terrain while making steep ascends and descends. The trek has a moderate grade but can get physically demanding as you climb to higher altitudes. On average, trekkers walk 5 to 6 hours each day.

The highest point of the Rolwaling Valley Trek is Tso Rolpo Lake, at an altitude of 4500 meters. Hence, there is a risk of altitude sickness. Trekkers must take proper acclimatization and precautions. As you ascend to higher altitudes, the weather becomes more unpredictable. The rapidly changing weather can make the trek more challenging.

The Rolwaling Valley falls in a remote area. Hence, there is a lack of infrastructure, and the accommodations are also basic. Trekking to Rolwaling Valley requires proper physical and mental preparation for a safe and comfortable experience.

7 Days Rolwaling Valley Trek Itinerary

Day 1: Drive to Jagat /Chhochhot - Trek to Simigaun

After an early breakfast at your hotel in Kathmandu, you will meet with your guide. Then, you will drive towards Jagat, the starting point of your trek. The drive will take around 8-9 hours, passing through scenic countryside, rural villages, hills, and rivers. You will stop for lunch and rest before reaching Jagat in the late afternoon.

From Chhochhot, it is a short hike to Simigaun. The trail will take you through beautiful forests, crossing several suspension bridges and passing by small villages. You will stop for a short break before heading towards Simigaun. You will arrive in Simigaun late in the afternoon and stay overnight.

Destination:

160km/08 hours drive - 8
km./02 hours walk

Accommodation

Hotel Gaurishankar View Point
/ Surmbuche Hotel/ Kyalche
Hotel

Altitude:

(2020m./6666ft.)

Meals

Lunch, Dinner

Day 2: Trek to Dongang

After breakfast in Simigaun, you will begin your trek towards Dongang. On this day, you will enter the Rolwaling River valley. The trail crosses several streams and waterfalls through rhododendron and pine forests. The off-beat trail is also distinct; you are less likely to lose your way. Today, it is mostly an uphill, steep trek inside the dense forest trail.

You will take a short lunch break around midday. Then, it is a steep uphill climb to Gyalche. It takes around half an hour to reach Dongang, a small village in a beautiful valley on the river bank. We will stay overnight in a cozy lodge at Dongang.

Destination:

14km./06 hours walk

Accommodation

Dongang Hotel/ Melangay View
hotel or Josef Phurba Lodge

Altitude:

(2790m./9207ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Beding

Our destination for the day is Beding, a beautiful village at the foot of the Rolwaling Himal range. It is a long and demanding climb as we trek to higher altitudes. You will begin by crossing a bridge from Dongang and heading north. Then, you will cross the Rolwaling Khola. While trekking, you can view stunning landscapes of snow-capped mountains and glaciers.

Then, you will cross the Themlung River before reaching the Themlung Valley. From here, you can get a closer look at Mount Gauri Shankar. Similarly, you will see numerous traditional houses and yaks grazing leisurely on the green pastures. En route, you will cross other picturesque settlements such as Jobalu, Nyiamare, Ramding, and Chimmu Golche. Finally, we will arrive at the beautiful and biggest village in the Rolwaling Valley, Beding.

Destination:

16km./06 hours walk

Accommodation

Lodge in Beding

Altitude:

(3700m./12210ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Na - Excursion to Tso Rolpa

After breakfast, you will trek towards Na, a small village above Beding. As you ascend to a higher altitude, the valley opens up and offers spectacular views. The trail will take you through beautiful icefalls, waterfalls, glaciers, and high mountain passes. Similarly, the vegetation also becomes sparse, with few grasslands and alpine meadows.

You will stop for lunch at a cozy teahouse in Na village. After lunch, you will continue your excursion towards Tso Rolpa, a stunning glacial lake at an altitude of 4500m. The trail goes north, and you must cross the Rolwaling River again. After a few hours of trek, you will reach Tso Rolpa Lake, which sits at the end of the Ripimoshar Glacier. After exploring for a while, you will retrace your way back to Na for an overnight stay.

Destination:	Accommodation	Altitude:
16km./06 hours walk	Naa View Point Hotel or Similiar category	(4200m./13860ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Dongang

It is time to head back, and you will start your trek back towards Dongang. It descends on the same trail you previously climbed. The trail will once again take you through similar landscapes. You will arrive in Dongang late afternoon.

Destination:	Accommodation	Altitude:
15km./06 hours walk	Dongang Hotel/ Melangay View hotel/ Josef Phurba Lodge	(2790m./9207ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Gongar Khola

After breakfast, start your trek towards Gongar Khola, a small village at the bottom of the valley. It is the final day of your trek, so soak into the beauty of the trail, magnificent scenery, and mountain vistas. After a 6-hour trek, you will reach Gongar Khola, the final stop for the day.

Destination:	Accommodation	Altitude:
14km./05 hours walk	Hotel Gaurishankar or Similiar category	(1430m./4719ft.)

Meals

Breakfast, Lunch, Dinner

Day 7 : Drive to Kathmandu

You will have your final breakfast in the Everest region before your drive back to Kathmandu. The vehicle retraces the same route that you took on your way to Jagat. The journey will be complete after you reach Kathmandu.

Destination:

170km./08 hours drive

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

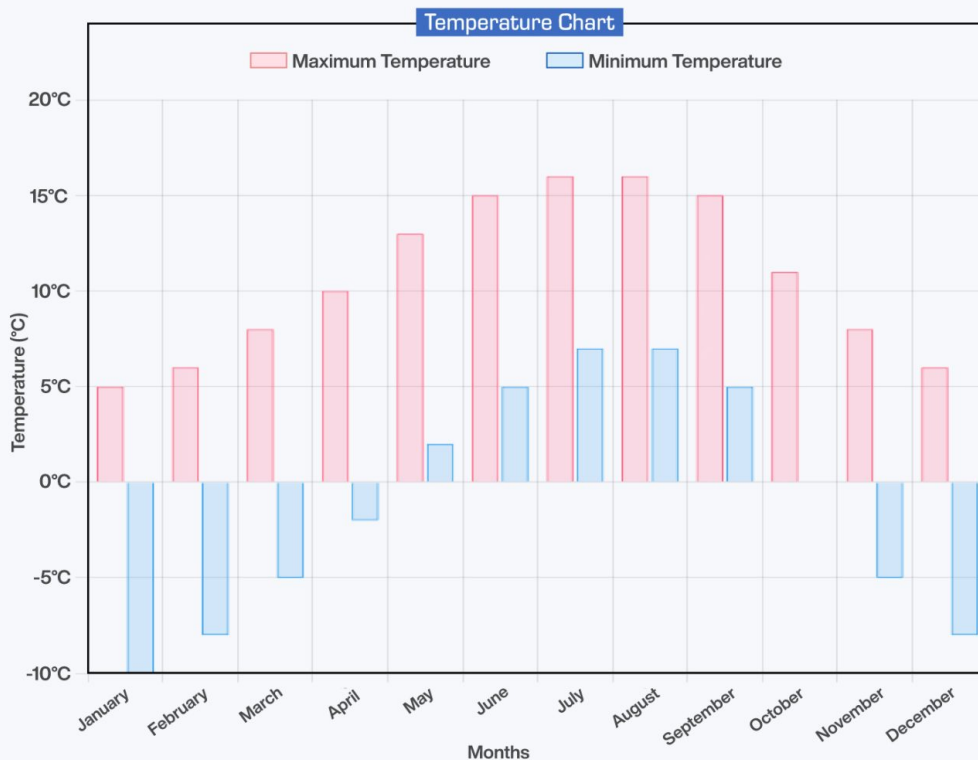
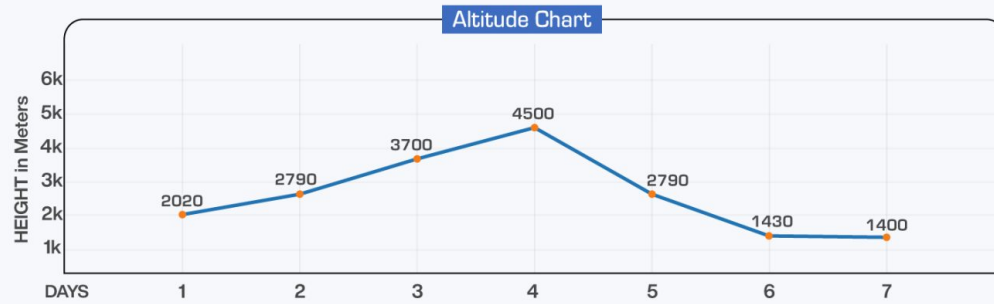
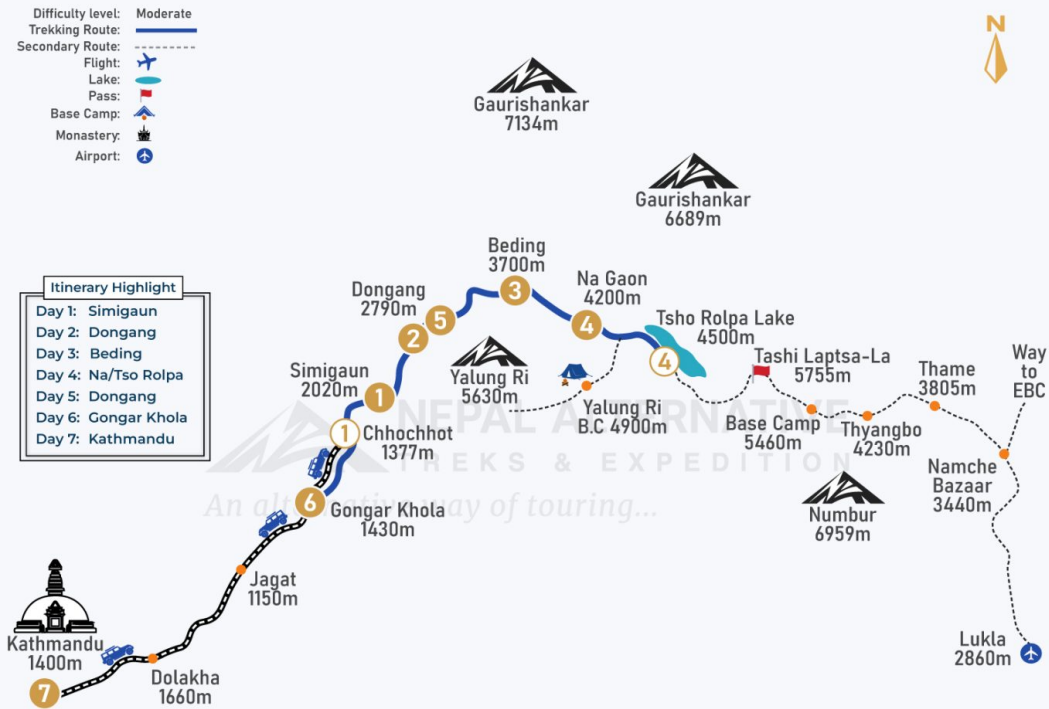
What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu.
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation(Twin share) during the trekking.
- One experienced, well trained, fluent English – speaking, friendly and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide's food, accommodation, salary, insurance, transportation and equipments.
- Overland Transportation as per mentioned in Itinerary.
- Gaurishankar Conservation Area Project (GCAP), Rolwaling Restricted Area Permit (RRAP) and Necessary permits and documents.
- Oxygen saturation check up everyday, A trek map, first aid medicines, water purification, Trekking completion certificate etc.
- Government tax and service charge.
- Assistance for Emergency Rescue Evacuation.
- Public Liability Insurance.

What's Not included

- Hotel and Meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, hot water, battery charge etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and porter.(Highly suggested).

Rolwaling Valley Trek Route Map



Additional Trip Information

Where is Rolwaling Valley Located?

The Rolwaling Valley is in northeastern Nepal. It lies west of Everest, close to the Tibet border. It is within the Gauri Shankar Conservation Area and below the towering Mount Gauri Shankar (7,145 meters). It is one of the most remote valleys in Nepal, with off-beat and less-frequented trails. Due to its challenging and remote location, Rolwaling Valley is the perfect venture for adventure seekers.

The trail begins from the subtropical lush forests, which change into forests of conifers and highland pastures. The Rolwaling Valley has several names, such as Grave and the Land of Yeti. The rough and rocky terrains and desert-like landscape gave the valley its nickname as "Grave." The valley is home to the gorgeous Tso Rolpa Lake and offers magnificent mountain views.

How do you get from Kathmandu to Rolwaling Valley?

You will begin by driving from Kathmandu to Jagat via Prithvi Highway. It is an 8 to 9 hours drive, passing by picturesque countryside, hills, rivers, and banks. Jagat is the starting point of the trek. The trek route from here enters the dense woodland. Along the way, you will pass by several suspension bridges, traditional settlements, valleys, gorges, rivers, and glaciers. You will mostly walk on off-beat but distinct trails. The terrains are rough and rocky, and the landscape becomes more desert-like as you reach higher altitudes.

Your first stop will be in Simigaon. From here, you will head to Dongang, Beding, and Na. Beding and Na are ancient Sherpa villages and popular stops during Rolwaling Valley Trek. From Na, you will hike to the gorgeous turquoise glacial lake, Tso Rolpa. Then, you will retrace your step back to Dongang and Gongga Khola before driving back to Kathmandu.

Rolwaling Valley Trek Cost

The cost of the Rolwaling Valley Trek can vary depending on the itinerary, duration, and services. The trek cost usually ranges between USD 500 to USD 1500. Nepal Alternative Treks also offers group discounts. Our standard 7-day Rolwaling Valley Trek includes airport transfer in Kathmandu, transportation, meals during trekking (breakfast, lunch, and dinner), accommodation, permits, guide fees, and porter fees.

The trek cost can increase accordingly if you want to extend your stay or add services. Our package does not cover visa fees, travel insurance, accommodation and meals in Kathmandu, drinks and beverages, hot shower charges, battery charges, etc.

Permits Required for Rolwaling Valley Trek

For the Rolwaling Valley Trek, trekkers will require two permits: a TIMS (Trekkers Information Management System) card and a Gauri Shankar Conservation Area Permit.

The costs of the TIMS card are as follows:

Solo SAARC Nationals	NPR 600	Green card
Group SAARC Nationals	NPR 300	Blue card
Solo Non-SAARC Nationals	NPR 1000	Green card
Group Non-SAARC Nationals	NPR 2000	Blue card

The Gauri Shankar Conservation Area Entry Permit costs NPR 3000 per person.

Frequently Asked Questions

How many days does it take to complete the Rolwaling Valley Trekking?

The Rolwaling Valley Trekking takes around 19-21 days to complete, depending on the itinerary and pace of the trekker.

What is the maximum altitude reached during the Rolwaling Valley

The maximum altitude reached during the Rolwaling Valley Trekking is Tashi Lapcha Pass, which is at an elevation of 5,755 meters (18,881 feet).

What type of accommodation is available during the Rolwaling Valley Trekking?

During the trek, accommodation is available in teahouses and lodges which offer basic facilities such as a bed, blankets, and shared bathrooms.

Is it possible to do the Rolwaling Valley Trekking independently?

Yes, it is possible to do the Rolwaling Valley Trekking independently, but it is recommended to hire a guide or a porter for a better experience and safety.

What permits are required for the Rolwaling Valley Trekking?

Trekkers require a Sagarmatha National Park permit and a TIMS (Trekkers Information Management System) card to do the Rolwaling Valley Trekking.

What are the highlights of the Rolwaling Valley Trekking?

The highlights of the Rolwaling Valley Trekking include beautiful landscapes, stunning views of mountains, the Tsho Rolpa glacier lake, and the Tashi Lapcha Pass.

Is it safe to do the Rolwaling Valley Trekking?

Yes, it is safe to do the Rolwaling Valley Trekking if you take proper precautions such as acclimatizing properly, staying hydrated, and following the instructions of your guide.

Can I combine the Rolwaling Valley Trekking with other treks in the region?

Yes, the Rolwaling Valley Trekking can be combined with other treks such as the Everest Base Camp Trek, Gokyo Lakes Trek, or the Three Passes Trek for a more extensive trekking experience.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the

authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

Post Box No: 8169,

House, Raniban Marg

136/205, Nagarjun, 01, Kathmandu 44600, Nepal