

# TASHI LAPCHA PASS TREK

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel + Lodge + Tent

## WALKING

5-7 Hours

## MAX ALTITUDE

5,755

m

## DURATION

17

Days

## DIFFICULTY

Hard

Difficult

## GROUP SIZE

5

People

## Expedition Overview

The Rolwaling Tashi Lapcha Pass Trek is a remarkable adventure that showcases the stunning landscapes of both the Rolwaling Valley and the Khumbu region of Nepal. This exciting journey takes you into remote wilderness, offering breathtaking Himalayan views while challenging you to cross the high-altitude Tashi Lapcha Pass (5,755m). The trek beautifully combines the peaceful, untouched trails of Rolwaling with the lively routes of the Khumbu area. With steep ascents, technical sections, and the need for endurance and patience, it is a demanding yet deeply rewarding Himalayan expedition.

## INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- **3. WELCOME DINNER** – One Welcome Dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. CARGO CLEARANCE** – Assistance for cargo clearance in Nepal's customs, clearance cost is subject to a charge.
- **5. PERMIT** – All necessary paper works: Sagarmatha National Park Permit, Gaurisankar conservation area entry permit, Pasang Lhamu Rural Municipal Entry Permit, and fees.
- **6. INSURANCE** – Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek.
- **7. DUFFLE BAG** – One 120L 14 Peaks duffle bag (caps/neck warmer).
- **8. MEMBER TRANSPORTATION** – (Domestic Flight) While returning Lukla - Kathmandu, as per itinerary.
- **9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters/yaks.
- **10. FOOD AND LODGING** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek
- **11. DRINKING** – Per day 2 Liters of boiled water per member to carry on the thermos
- **12. PORTER** – Porters (1 porter:2 trekkers) during the trek.
- **13. WEATHER FORECAST** – Weather forecast report during the entire trekking.
- **14. GUIDE** – Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **15. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **16. VALLEY SIGHT SEEING** – Sightseeing in Kathmandu Valley [Pashupatinath Temple, Swoyambu (Monkey temple), and Kathmandu Durbar Square] by a professional guide.
- **17. MEDICAL KIT** – Comprehensive medical kit for members and staff.
- **18. MAP** – Rolwaling region trekking map

## EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese Visa fee is \$50 USD for 30 Days.
- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking than the scheduled itinerary).
- **4. EXTRA NIGHT IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory (Send us a copy of your insurance policy- before your arrival.)
- **6. PERSONAL EXPENSES** – Telephone calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **7. TOILETRIES** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **8. FILMING** – Special filming, camera, and Drone permit fee.
- **9. INTERNET SERVICE** – Not included during the trek and the trekking.
- **10. TIPS** – Calculate some tips for guide minimum 250 USD & 100\$ for porters.
- **11. EXTRA** – Any other services or activities, which are not mentioned in the itinerary and not listed in the “Cost Includes” section.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu (1400m) & Transfer to the Hotel	B	Hotel	
2	Sightseeing around Kathmandu Valley and Trip Briefing	B	Hotel	Enjoy a full-day guided tour of the UNESCO World Heritage Sites in Kathmandu, which include Patan Durbar Square, Boudhanath Stupa, Pashupatinath Temple, and Swayambhunath (Monkey Temple). Explore historic buildings, revolving prayer wheels, and bustling local marketplaces—all of which provide a diverse cultural experience that stands in stark contrast to the upcoming trek's natural focus. For a thorough briefing on the upcoming excursion, meet your trek leader in the hotel lobby in the evening. To familiarize yourself with the area and ensure that all of your trekking equipment is prepared, you may also go for a walk around the neighborhood.
3	Drive from Kathmandu to Gonggar Khola (1,440m)	B/L/D	Lodge	
4	Trek from Gonggar Khola to Simigaon (2,000m)	B/L/D	Lodge	
5	Trek from Simigaon to Dongkang (3,010m)	B/L/D	Lodge	Begin your day by strolling through the wooded area and along the slender path that passes the yak grazing meadows. The small Sherpa town of Dongkang is where we will be walking today, along with some rhododendron areas and a few stream crossings.
6	Trek from Dongkang to Beding (3,693m)	B/L/D	Lodge	After leaving the Lodge, we immediately begin our journey via the forested trail, which passes through yak grazing regions, stream crossings, and alpine meadows. The sky will be dominated by a panoramic view of Gauri Shankar and the neighboring peaks.

Days	Program	Meals	Accommodation	Description
7	Trek from Beding to Na Gaon (4,200m)	B/L/D	Lodge	We will be walking to the last settlement of Tso Rolpa area. The trails are rockier and more exposed. Crossing few snowy patches and moraines as we approach more towards Na gaun Overnight at Na gaun.
8	Acclimatization at Na (Rest Day)	B/L/D	Lodge	Since this is an active rest day, we will go to the surrounding mountain, climb to a height of about 100 to 200 meters, and then descend to the Lodge. Additionally, the primary goal of acclimatization is to hike high and sleep low.
9	Trek from Na to Chugima (4,920m)	B/L/D	Tent	Thus, we will walk to Tso Rolpa Glacier Lake, which is also a popular tourist site, on the north side of Rolwaling Valley.
10	Trek from Chugima to Jaboo Glacier	B/L/D	Tent	There is no sign of habitat as the expedition continues into the degraded valley. With a beautiful view of the mountain ranges, we will be strolling among loose rocks and moraine.
11	Trek from Jaboo Glacier to Tashi Phuk (5,110m) crossing Tashi Lapcha (5,755m)	B/L/D	Tent	The longest day of the journey and the most mentally and physically taxing day might be the trek's high point. We shall begin our journey to the pass early. Although they have fixed ropes, the path is typically steeper. After a long ascent, we will reach the summit of Tashilapcha, which will reward us with breathtaking views of the peaks that face Tibet and a prayer flag and cairn. Descend can sometimes be a little difficult and complex.
12	Trek from Tashi Phuk to Thengbo (4,230m)	B/L/D	Tent	For today, the trail is lengthy and steep in places. We'll stroll over there as well as through the shifting meadows.
13	Trek from Thengba to Thame (3,800m)	B/L/D	Lodge	We will be leaving the high alpine plateau today and traveling across the moraine valley and a short alpine ridge. We shall reach the Khumbu Region after crossing the Thame River. We need to utilize the trekking pole and be mindful of our knees because it's primarily downhill. With views of Amadablam and other Mahalangur range mountains, the walk is picturesque.
14	Trek from Thame to Namche Bazaar (3,750m)	B/L/D	Lodge	We will hike toward Namche, also referred to as the Sherpa capital, after breakfast. The trek from Thame to Namche includes a lunch stop.
15	Trek from Namche Bazaar to Lukla (2,860m)	B/L/D	Lodge	The long yet thrilling last day of trekking. descends steeply to the Hillary Bridge before returning to Lukla via the Dudh Koshi valley. In the evening, celebrate the trek's conclusion with your crew.
16	Fly from Lukla to Kathmandu & Transfer to the Hotel	B/L/D	Hotel	trip back to Kathmandu early in the morning, if the weather permits. After you get to your hotel, you have the remainder of the day to spend relaxing.

Days	Program	Meals	Accommodation	Description
17	Transfer to International Airport for final departure	B/L/D	-	Make your way to Tribhuvan International Airport in preparation for your next trip. We wish you a safe journey and hope to see you again soon in the Himalayas!

## Trekking Gear List

### Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Summit Down Suit – 8000M

### Medicine / First Aid Kits

- Paracetamol

### Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Down Jacket
- Cotton T-Shirt

### Lower Body

- Trouser
- Bottom Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots
- Climbing Boot -6000m
- Normal Socks
- Summit Socks
- Trekking Shoes
- Thermal Bottom Base Layer
- Trekking Pants

### Foot Wear

- Summit Boot - 8000m
- Sport Shoes

### Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

### Head

- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter
- Snow Goggles
- Balaclava

### Eating & Drinking

- Water bottle
- Thermos

### Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

### Miscellaneous

- Trekking Pole
- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera
- GPS Tracker