

Trip Name : Rolwaling Valley Trek

Starting Point	Drive in KTM-Barabise
Ending Point	Drive out Dolakha-KTM
Type	Fully Camping Trek
Grade	Medium-Hard
Duration	21 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	Mid-March to mid-May and September to mid-November
Max. Elevation	4500 mt.

Trip Details:

Rolwaling Valley is named after the Mountain Rolwaling. Rolwaling Valley borders with the Khumbu region to the East, the Helambu region to the West and the dry Tibetan Plateau to the North of Nepal. We take a drive from Kathmandu to Barabise to start this trek. The local Sherpa people named this deep valley as 'Rolwaling' which means 'The Grave' due to its location deep down between the steep ice-giants of the Khumbu region. It is a remote and quiet trekking which is not often visited by trekkers due to its level of difficulty. Rolwaling valley trekking is one of the challenging treks and has many high passes if one wants to trek off-the-beaten track. Rolwaling valley trek offers wonderful views of Mt. Gaurishankar, Rolwaling Himal, Chobabhamre, Dorje Lakpa, Yalung Ri and Pharchamo Peak. There is a wealth of flora and fauna including many different species of orchids and over 250 species of birds, monkeys, musk deer and the Himalayan black bear. The trek offers a range of Sherpa culture and lifestyle in the Na and Beding settlements. Some Tibetan influence can be experienced here as we are near the Tibetan border where the people are mainly Buddhists. The ancient monasteries and colourful festivals are the major highlights of Rolwaling valley trekking. The valley is lush green with Junipers and pines at higher elevations. The isolated and lonely Rolwaling valley is believed to be the home of the infamous Yeti. Finally, the trek ends at Charikot and we drive back to Kathmandu.

Season for Rolwaling Valley Trekking:

The best times for Rolwaling Valley trekking are from the middle of March to mid May and from the beginning of September to mid November. The days are sunny and warm but the nights are cold. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views of the landscape, villages and the valley are simply great.

High Altitude Warning:

Altitude sickness is a serious concern in the Rolwaling Valley trekking that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Rolwaling Valley trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical

problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Barabise and Dolakha-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

- Day 01 : Drive from Kathmandu to Barabise (1,080m/3,543ft).**
- Day 02 : Trek Barabise to Kabre (1,605m/5,266ft).**
- Day 03 : Trek Kabre to Dolangsa (2,510m/8,235ft).**
- Day 04 : Trek Dolangsa to Tinsang la pass (3,319m/10,889ft) and Camp.**
- Day 05 : Trek to Chilankha (1,925m/6,315ft).**
- Day 06 : Trek Chilankha to Bulung (1,890m/6,201ft).**
- Day 07 : Trek Bulung to Shalu (1,500m/4,921ft).**
- Day 08 : Trek Shalu to Simigaon (1,990m/6,529ft).**
- Day 09 : Trek Simigaon to Sakpa (2,660m/8,727ft).**
- Day 10 : Trek Sakpa to Nyamare (2,900m/9,514ft).**
- Day 11 : Trek Nyamare to Beding (3,690m/12,106ft).**
- Day 12 : Trek Beding to Na gaon (4,180m/13,714ft).**
- Day 13 : Rest day at Na gaon for excursion.**
- Day 14 : Trek Na gaon to Nyamare (2,900m/9,514ft).**
- Day 15 : Trek Nyamare to Sakpa (2,660m/8,727ft).**
- Day 16 : Trek Sakpa to Chet Chet (1,390m/4,560ft).**
- Day 17 : Trek Chet Chet to Thare (1,980m/6,496ft).**
- Day 18 : Trek Thare to Bulung (1,890m/6,201ft).**
- Day 19 : Trek Bulung to Singati (950m/3,116ft).**
- Day 20 : Trek Singati to Dolakha (1,660m/5,446ft).**
- Day 21 : Drive from Dolakha to Kathmandu.**